SACPSSA SWIMMING CARNIVAL

On Tuesday 17th March, fifteen Cabra students from Yr 6 and 7 took part in the annual South Australian Catholic Primary Schools Sports Association (SACPSSA) Swimming Carnival. I would like to thank all competitors who swam on the day, your efforts were outstanding and you represented Cabra in an excellent fashion. I would also like to thank Mr Michael O’Dea for his organisation on the day and the Middle School Sport Captains (Shannon Upton, Ella Sawyer, Nathan Claridge and Georgia Croucher) who came along on the day as officials to help with the scoring and timing duties. Out of the fifteen students who swam it was fantastic to see all fifteen students win a ribbon – something I have never seen before, which is great. Congratulations to the open/U13 students who won the age group pennant, another fantastic achievement. Special mention goes to Jed Donaghey (7R) who achieved age group champion – well done Jed!

Carnivals such as this one are always difficult for Cabra to place as we attend the carnival without the U10 age group, however this year, we were just too strong and managed to finish an overall 2nd for the carnival! Brilliant! Well done to all participants! Jed Donaghey 7R, Abbey Francis 7B, Hannah Horvat-Thorneycroft 7B, Ruby Mills 7G, Harrison Peck 7R, Eliza Saris 7W, Grace Austin 6W, Alexandra Beney 7W, Charli Davoren 6W, Stephanie Gallow 6W, Hugo Keeley 6B, Tara Jeromel 6B, Sebastian Mills 6R, Lily Di Cola 6B, Jackson Tucker 6B. Miss Kara Smallman, Sports Coordinator.
Cabra Dominican College

**Sport Newsletter**

**Round 4 Results**

**Primary Tennis**
- Primary Boys vs Westminster 2—results not received.
- Primary Girls defeated St Andrew’s 3 sets, 17 games to 3 sets 15 games. All girls played very well.

**Boys / Mixed Volleyball**
- Yr 11 Mixed BLACK lost to Glenunga 0 sets, 58 points to 2 sets, 62 points.
- Yr 10 Mixed GOLD defeated Scotch 3, 2 sets, 68 points to 1 set, 59 points.
- Yr 10 Mixed WHITE lost to St Paul’s 2, 3 sets, 75 points to 0 sets, 34 points.

**Primary Girls**
- defeated St Andrew’s 3 sets, 17 games to 3 sets 15 games. All girls played very well.

**Boys / Mixed Volleyball**
- Yr 9 Mixed BLACK vs St John’s 2—results not received.
- Yr 9 Mixed GOLD defeated St John’s 1, 2 sets to 1 in a great contest. Best Player: Brendan Gerner.
- Yr 8 Mixed BLACK lost to Pulteney 3 sets to 0. The team worked really well together and are learning to help each other out during sets. They have improved a lot since the beginning of training. Best Player: Ruby Scott. Erin Wood: Coach.
- Yr 8 Mixed GOLD vs Norwood Morialta—results not received.

**Girls Basketball**
- Snr C Girls lost to Loreto 4, 31-38.
- Jnr B Girls defeated St Dominic’s 2, 34-4.

**Cricket**
- Yr 9/10B vs Concordia For the first time this term the year 9/10 side finally got to play, with games being cancelled due heat and a bye the boys were eager to do well. And they didn’t let themselves down against Concordia.

**Tennis**
- Yr 9 Boys defeated Scotch 2, 10 matches-2. A great contest with improvements to everyone’s games. Jose Inaldo continues his unbeaten run this season. Two of the matches were close, great fighting effort Sam Sprigg in a singles tie-breaker and Jose and Jordan Santinon in a doubles tie-breaker. David Kilmartin: Coach.
- Yr 8 Boys vs Scotch—results not received.
- Snr Girls Tennis lost to St Ignatius 6, 3 sets 21 games to 3 sets 23 games.
- Middle (Yr 7/8) GIRLS BLACK defeated St Aloysius, 3 sets 33 games to 3 sets, 23 games.
- Middle (Yr 7) GIRLS GOLD vs Mary Mackillop 2– results not received.

**Girls Volleyball**
- Snr Girls vs Nazareth 2—Naz Forfeit.
- Middle Girls vs Nazareth 4—Naz Forfeit.
Primary Basketball Results

Primary Boys Blue won 41-17. Best Player: John Arcilla.
Primary Boys Black results not received
Primary Boys Gold results not received
Primary Boys White results not received

Round 5 Sport

Friday 20th March

Primary Tennis – All games start at 4.00pm
Primary Boys vs Westminster 1 at Westminster
Primary Girls vs St John’s Highgate at Cabra

Boys / Mixed Volleyball—All games at 4.15pm unless otherwise stated
Yr 11 Mixed BLACK vs Woodcroft at Woodcroft
Yr 10 Mixed GOLD vs Woodcroft at Woodcroft
Yr 10 Mixed WHITE vs St Ignatius A 6 at Cabra
Yr 9 Mixed BLACK vs Concordia 3 at Cabra
Yr 9 Mixed GOLD BYE
Yr 8 Mixed BLACK vs Concordia at Concordia
Yr 8 Mixed GOLD vs Concordia at Cabra at 5.00pm

Saturday 21st March

Girls Basketball
Snr A Girls vs Sacred Heart 1 at Cabra at 9.20am
Snr B Girls vs Sacred Heart 2 at St Aloysius at 10.10am
Snr C Girls vs Nazareth 2 at Mercedes at 8.30am
Jnr A Girls vs NMHS 1 at Loreto at 10.10am
Jnr B Girls vs Nazareth 2 at St Aloysius at 10.10am

Cricket—All games start at 8.15am unless otherwise stated
Yr 9/10B vs Immanuel College 2 at Cabra EAST Pitch
Yr 8B vs Unley HS at Unley HS
Yr 6/7 Primary B2 vs St Paul’s at Cabra (opp change)
Yr 6 Primary B3 vs Woodcroft at Woodcroft

Tennis—All games start at 8.30am unless otherwise stated
Yr 9 Boys vs Pulteney at Pulteney at 10.00am
Yr 8 Boys vs PAC 2 at Cabra
Snr Girls Tennis vs St Ignatius 7 at Page Park
Middle (Yr 7/8) GIRLS BLACK vs Loreto 1 at Cabra (venue change)
Middle (y 7/8) GIRLS GOLD vs St Ignatius at 2 at St Ignatius

Girls Volleyball
Snr Girls vs OLSH 1 at Marryatville at 10.10am
Middle Girls vs Marryatville 4 at Marryatville at 8.30am

UNIFORM

Please remember that when playing Summer Sport you are representing the College and as such, should be dressed in the appropriate sporting uniform and remembering to play your games with good sportsmanship in true Cabra Spirit!

IMPORTANT DIARY DATES

Week 9, Term 1
Monday 23rd March
Co-Ed Secondary Athletics Carnival– SANTOS
Wednesday 25th March
SACPSSA Lacrosse Carnival

Week 10, Term 1
Monday 30th March
Soccer Trials—Yr 6/7
Tuesday 31st March
Soccer Trials—Yr 6/7
Boys Basketball Trials—Senior
Wednesday 1st April
Soccer Trials—Yr 8/9
Boys Basketball Trials—Yr 8/9

GENERAL INFORMATION

Congratulations!

Natassia Messent (10Y) (pictured far left) competed at the Australian Junior championships in Sydney and ran a PB of 58.05 for her 400m, finishing 9th in Australia and ran a PB of 2.20 for her 800m. Her U/18 4 x 400m relay team won the bronze medal in a time of 3.54. Fantastic effort!!

Pink Panthers—Senior Players

Pink Panthers women’s Soccer Club are looking for Senior Players. If you are interested or require further information please contact Phil Webster, Girl’s & Women’s Football Manager on 0410 386 100 or philweb@adam.com.au / www.sapanthersfc.com

HATS HATS HATS!!!

All Summer Sport Teams must remember to wear their hats to Sport Training and on game day.

Happy Snaps/Sports news/success

The Cabra Sport Office LOVE sport happy snaps and hearing of Cabra Students’ Sporting Success! If you happen to take any pictures at your child’s co-curricular matches, or your child has had some sporting success outside the College; please email us at sport@cabra.catholic.edu.au