YR 8/9 Knockout Football—Round 1

The Yr 8/9 Knockout football team arrived at Le Fevre College eager and ready to go for Round 1 of 8/9 Knockout Football. The boys were supposed to play two games but unfortunately, Woodville, thinking it was 9-a-side, did not have enough players so we played one game with 20 minute quarters against Le Fevre. Cabra lost the toss but had the breeze in the first quarter. We started the game as we meant to continue, with hard but fair play. Unfortunately, from early on in the game the opposition players were highly aggressive with punches being thrown and boys even being spat on. Our team was really disappointed with this behaviour but continued to play our own game and play fairly. By half time Le Fevre had a player sent off and Cabra was well and truly in the lead—73-17.

Cabra continued focusing on the ball and playing well and the results spoke for themselves with Le Fevre unable to score in the 3rd quarter. The final score Cabra 120 to Le Fevre 24 points. The Cabra team were challenged with some fairly ordinary behaviour/play during this game however, all players can be proud of the way they carried themselves rising above this with true Cabra Spirit! Bring on Henley for Round 2. Shannon Upton.

SAPSASA Football—Round 1

Cabra 6—6—42 defeated Mitcham 3—4—22
Well done to all boys and good luck in Round 2 (date TBC) v Colonel Light Gardens.
On Wednesday 20th May (Week 4), Henley HS hosted a Mount Gambier Exchange Netball carnival that Cabra was invited to. The carnival was held at Henley HS and involved girls from Year 9 from Mt Gambier, Henley and St Michael’s. A selection of Year 9 girls will be travelling to Gold Coast for the national netball carnival is less than two months, so I thought it would be an excellent way for the team to come together early in the netball season and obtain some much needed court time. Many of these girls do not play together on Saturdays so any game time before Gold Coast is vital for the girls game play and confidence.

As well as working together on the court in their set plays and gaining additional fitness it was excellent to see the girls bonding and also to see the girls supporting each other. Cabra came up against some very tough competition and realised that playing four games in a row involved a large degree of focus and fitness. The girls were definitely tested both on the court physically and emotionally which was good for the girls before heading to gold coast where the competition also be tough.

Good effort girls. I am looking forward to an exciting week of netball and social occasions with what is a lovely group of Cabra girls. Keep up that extra fitness! Ms Kara Smallman, Sport Coordinator

Results:
Game 1 – Cabra V Mt Gambier 2 – won 31 – 12
Game 2 – Cabra V Mt Gambier 1 – lost 25 – 30
Game 3 – Henley v Cabra - lost 7 – 22
Game 4 – St Michaels V Cabra – lost 12-33

Results—Round 2

**Squash**

Yr 9 Mixed Squash defeated St John’s 1, 4-0. In what seemed like an easy win, the team maintained their composure to ensure the quality of play was of a high standard. Leigh Symonds: Coach.

**Basketball**

**Senior Boys**

SNR A—Forfeit due to State Champs
SNR B lost to Pembroke—36-60. Best Players: Angus Rana and Oliver Mitchell.
SNR C lost to Pembroke 19-40. Best Players: Lachlan Edmonds and Josh Norman.

**Jnr Boys vs Pembroke**

JNR A 41 lost to Pembroke 45. With 80% of the Junior A’s unavailable due to the State Basketball Championship Carnival over the weekend the squad was topped up with B players, a big thank you to Boyd Baker, Kyle Davies, Zach Fairlie, Odin Mundy, Jesse Beh and Jackson Caird for helping out and playing 2 games on the day. The boys came out firing, leading 18-4 at quarter time but Pembroke made a comeback in the second and third quarters with Cabra leading by 3 points at the break. The last quarter was a shootout with both teams scoring heavily, unfortunately for us the boys ran out of legs and Pembroke won by 3. Top Scorers for the day were Jason Farrell with 15 points and Jack Luders on 14 points, both boys played extremely well on the day. We look forward to having a full strength side to take on St Ignatius this weekend.

Best Players: Jason Farrell, Jack Luders

JNR B 47 def Pembroke 10. A brilliant game by the B’s this week, their defensive pressure was excellent and restricted Pembroke to only 2 points in each of the first 3 quarters. Offensively they carved up the opposition and scored many transition baskets. The 37 point win was a real team effort with the scoring spread across the team. The tall timber top scored with Sam Ballard contributing 10 points and Jesse Beh with 8 points. Best Players: Jesse Beh and Jackson Caird

JNR C 22 lost to Pembroke 29. In their second game for the season the C’s played quite well and improved on last week’s effort. They got off to a slow start with Pembroke up 8-4 at quarter time. The boy’s defence in the second quarter was significantly better and kept Pembroke scoreless. There was only 2 points between the 2 teams leading into the 4th quarter but unfortunately for us Pembroke’s shots were going in and ours were not. Adam Cameron played a great offensive game and top scored with 11 points while Luis Razon’s defensive pressure and steals were impressive. Best Players: Luis Razon and Jack Lawton. Ben Heath: Basketball Coordinator.

**Football**

Yr 8/9 defeated Immanuel - 20.23 - 0.0. Best Players: All played well. Goal Kickers: Mirabello 7, Donnelly 3, Rashad 3, Upton 2, Moore 1, M Caruso 1, Cleverley 1, De Pasquale 1, Farquhar 1. A vastly improved performance against a vastly different opponent. Almost a complete performance with a disciplined backline, hard tackling and running midfield, and apart from the goal kicking a very clinical forward line. It was a great opportunity for players to work through different positions and all the boys reactions to being rotated and moved on the ground was pleasing. Jay Mirabello with 7 goals from the midfield was the obvious standout. Michael O’Dea: Coach.

Yr 6/7 lost to St Michael’s.

**Netball**

**Senior A1** lost to Sacred Heart 1, 26-43. Tough game against a strong opposition. Best Player: Carly P.

**Senior A2** lost to St Michael’s 2, 21-26. Could have gone either way, some errors in the third quarter but improving as a team.

Best Players: Lauren C, Bridget S.

**Senior B1** lost to Sacred Heart 5, 11-23. Competitive in spits ‘n spats, need to be consistent over four quarters, keep the work rate up girls. Best Players: Lucy Mc, Maddie C.
Yr 10A lost to St Michael’s 1, 20-40. Three goals difference at half time, but St Michaels outscored Cabra in the second half. Plenty to work on, but some positives.

Best Players: Courtney B, Amy C.

Yr 10B lost to Loreto 3, 20-26. Some good court work, close but a couple of turnovers giving Loreto the win.

Best Players: Rylee C, Madi C.

Yr 10C lost to St Ignatius 1, 2-23. Bad luck girls, we were outplayed but a positive for us, we can improve working on areas of our game. Best Players: Gabriella MM, Demi A

Yr 9A1—Cabra Forfeit

Yr 9A2 lost to SAC 1, 14-35. Girls played hard all game especially given we missed out on a proper training this week due to illnesses. Best Players: Patricia K, Chloe L.

Yr 9B1 lost to Nazareth 3, 17-36

Best Players: Mikaela, Bridgette.


Yr 8A1 defeated Cardijn 2, 49-14. Girls worked well as a team, and showed great sportsmanship. Best Players: Amy R, Rachel C.

Yr 8A2 lost to St Ignatius 1, 10-16. Best Players: Sienna Z, Grace T.

Yr 8B1 lost to Gleeson 1, 8-44. Tough game, Cabra didn’t drop their heads and rally encouraged each other.

Emily A, Katie

Yr 8B2 defeated Cabra 8C, 21-11.

Yr 8C lost to Cabra Black 8B Cabra 5: 11 – Cabra 4: 21 Girls played a great game, although difficult with 6. Best Players: Grace B, Lara B.

7 Gold defeated Flagstaff Hill 34-5.

7 Black lost to Westbourne Park 14-24. Best Player: Kate.


6 Gold vs Belair at Belair at 9.00am


6 Rust lost to Cabra Black 13-32.

Soccer

Open B1 lost to Blackfriars 6-8. Great game.

Open B2 vs Scotch 2 Cabra defeated Scotch 5-0. Cabra started well and never stopped putting pressure on the Scotch defence. The boys moved the ball well and made the most of their opportunities. A well played game and deserved win. Best on ground: Daniel, Seb and Tristan

Yr 9B vs Westminster FORFEIT


Best players: Jack Tsacosas, Wilson Farmer, Cameron Gardner.

Yr 8B defeated Marryatville 4-2. Best Players: Tim, Baily, Declan, Andrew—but all played well!

Yr 7/8 lost to Scotch 0-6. Best Players: Jayden Walker and Connor Jones.

Yr 7A lost to Immanuel 4-5.

Yr 6/7 lost to St John’s 0-5.

Yr 6 lost to Immanuel. We had another great match but were unable to clinch victory again. We played Immanuel and had a good game but in the end they were too strong.


Yr 8-10 Girls vs Gleeson 1 at St Ignatius at 9.10am

The senior girls soccer team have started their season with enthusiasm and positive team spirit. On Saturday we played Gleeson unfortunately it was not the result (10-0) we would have liked but the players displayed good skills and worked well as a team. Our team is looking for more players (Yr 8-10 girls) to join in, training is on Thursdays after school until 5:00pm.
**Round 3 Sport**

**Friday 22nd May**

**Squash**—played at 4.00pm
Yr 9 Mixed Squash vs St John’s 2 at Somerton Squash Centre

**Saturday 23rd May**

**Basketball**
Snr Boys vs St Ignatius at Cabra 10.30 (A), 9.30 (B), 8.30 (C)
Jnr Boys vs St Ignatius at St Ignatius 10.30 (A), 9.30 (B), 8.30 (C)

**Football**
Yr 8/9 vs Adelaide High School at Cabra at 10.00am.
Yr 6/7 vs St Ignatius at Cabra at 8.45am.

**Netball**
Senior A1 vs Mercedes 1 at Cabra at 8.10am
Senior A2 vs St Dominic’s 1 at Cabra at 9.10am
Senior B1 vs Mercedes 3 at Sacred Heart at 8.10am
Yr 10A vs St Michael’s 2 Cabra at 8.10am
Yr 10B vs Mary Mackillop 3 at Sacred Heart at 10.10am
Yr 10C vs Maryville 1 at Cabra at 8.10am
Yr 9A1 vs Maryville 1 at Sacred Heart at 8.10am
Yr 9A2 vs Cardijn 1 at Sacred Heart at 8.10am
Yr 9B1 vs Kildare 2 at Nazareth at 9.10am
Yr 9B2 vs Loreto 3 at Sacred Heart at 9.10am
Yr 8A1 vs Cabra 8A2 at St Michael’s at 8.10am
Yr 8A2 vs Cabra 8A1 at St Michael’s at 8.10am
Yr 8B1 vs Kildare 1 at Mary Mackillop at 8.10am
Yr 8B2 vs Maryville 3 at Maryville at 8.10am
Yr 8C vs NMHS 1 at Maryville at 9.10am
7 Gold vs Highgate at Highgate at 9.00am
7 Black vs Aberfoyle Hub at Aberfoyle Hub at 9.00am
6/7 Rust vs Blackwood at Blackwood at 9.00am
6 Gold vs Hawthorndene at Cabra at 9.10am
6 Black vs Glen Osmond at Cabra at 9.10am
6 Rust vs Reynella East at Reynella East at 9.00am

**Soccer**
Open B1 vs Glenunga at Glenunga at 8.15am
Open B2 vs Scotch to at Cabra OFF CAMPUS at 8.15am
Yr 9B vs Woodcroft at Woodcroft at 8.00am
Yr 8A vs Adelaide HS at Adelaide HS at 8.15am
Yr 8B vs Norwood Morialta at NMHS at 9.45am
Yr 7/8 vs CBC at Cabra OFF CAMPUS at 9.45am
Yr 7A vs CBC at Cabra at 8.15am
Yr 6/7 vs Sacred Heart 3 at Sacred Heart at 8.00am
Yr 6 vs St Paul’s (not St Peter’s) at Cabra at 9.30am
Yr 8-10 Girls vs St Dominic’s at St Ignatius at 9.10am

**General Information**

**Important Diary Dates**

**Week 5 Term 2**

**Tuesday 26th May**
SAPSASA Soccer—Round 2—Sacred Heart

**Wednesday 27th May**
Yr 8/9 Knockout Netball—Unley High School

**Week 6 Term 2**

**NO SPORT—LONG WEEKEND**

**Monday 1st June**
SACPSSA Athletics Carnival—Team to be selected

**Tuesday 2nd June**
Open Knockout Netball—Cabra

**Wednesday 3rd June**
Open Knockout Soccer—Cabra

**Thursday 4th June**
Secondary Cross Country—Oakbank

SAPSASA District Cross Country—Oakbank

**General Information**

**IMPORTANCE OF TRAINING**—we would like to re-iterate the importance of attending training. For team improvement and progression as a team. It is difficult for coaches to plan sessions when students are missing from training. We understand if students are sick on the day of training, however please ensure you are letting your coach know with a text msg and OR emailing the sport office.

Training is compulsory and a commitment that your son/daughter has made for the winter season. Appointments, if possible need to be scheduled on nights that do not clash with training. On average teams and attendance at training and games have started WELL however as the winter/chilly weather it is important to be reminded of this commitment. Good luck with your games and keep up the hard work. Any questions please contact Kara in the sport office (sport@cabra.catholic.edu.au) or contact coaches directly.

**Reminder—Maps/Fixtures**

A reminder that weekly Sport maps (including our OFF CAMPUS Soccer Map) can be found on the Sport Portal. Simply use your CONEQ.T.P Logon and follow link to Sport Portal.

**Athletics**

**Do you want to develop fundamental skills?**

**Do you want to learn more about Athletics?**

The SA Athletics Academy Bronze Squad is perfect for you! All athletes from the ages of 11 to 19 years of age are welcome to join the SA Athletics Academy, whether they are an athletes member, or not. All sessions are conducted at SA Athletics Stadium (formerly known as Santos Stadium) and are only – iterate – on one Sunday a month. Essentially, the Academy operates to assist athletes to further their skills, improve technical competencies, motivations and knowledge in the sport of athletics. The Academy covers all facets of Track & Field Events, theory and practical based, which are delivered by highly skilled and experienced coaches. The program also involves guest speakers, and workshops facilitated by highly renowned South Australian presenters on topics including, Planning & Goal Setting, Sports Nutrition and Sports Recovery.

**Registrations are now OPEN for our brand new SA ATHLETICS ACADEMY!** See http://salaa.org.au/Education/Training/Athletes for more information, and to register.