Yr 10 Girls Knockout Basketball - Round 1

The Yr. 10 Girls KO Basketball team is through to the final day of the State Championship after a comprehensive victory over Adelaide High School. The team were absolutely ruthless not allowing the Adelaide girls any free space and stealing the ball like crazy. The girls played an almost the perfect 1st quarter going up 29-2 after quarter time and they continued this pressure throughout the game. They will now play in the final day in week 5. Go Cabra.


Cabra Sports Awards Evening

The Co-curricular Sports Office and all coordinators of Sport at Cabra are looking forward to welcoming all our fantastic sporting families NEXT THURSDAY to the Whole School Sport Awards Evening. We have locked in a fantastic Guest Speaker and have some great quizzes for the whole family to play. There’s also the sausage sizzle (from 5.30pm) and of course the Award winners! So, don’t forget your $2 cold coin entry fee and bring some spare coins for raffles and heads and tails games and a plate of food and drink and come along and enjoy a great night!

Cabra USA 2016 Music Trip

Fundraising BBQ—Saturday Morning at Cabra

There will once again be a fundraising BBQ here at Cabra during Saturday Sport. So come and grab a Bacon and Egg Sandwich, sausage with onion and a drink from 8.00am on Saturday. Thanks from the Music Trip Fundraising Committee! *Apologies, funds raised are for Music, not the Borneo Trip as was stated in last week’s newsletter.

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
ROUND 1 RESULTS

Primary Tennis
Primary Boys vs Pulteney 2—CANCELLED—WET WEATHER
Primary Girls vs St John’s—CANCELLED—WET WEATHER

Boys / Mixed Volleyball
Yr 11 Mixed BLACK lost to Concordia 2, 3 sets to 0.
Yr 10 Mixed GOLD lost to Pulteney 0 sets to 3. Best Player: Jack Allen.
Yr 10 Mixed WHITE lost to St Ignatius 4, 0-2. Best Players: Simon D & Amy C
Yr 9 Mixed GOLD def Westminster 2 sets to 1.
Yr 9 Mixed BLACK lost to Westminster 0 sets to 2.
Yr 8 Mixed GOLD def Pulteney 2, 2 sets to 1.
Yr 8 Mixed BLACK BYE

Girls Basketball
Snr C Girls def Kildare 1, 46-6.
Jnr B Girls lost to St Michael’s 31-51.

Primary Boys Basketball
Cabra Black won 34-9. Best Players: Liam W and Anthony H.
Cabra White lost 34-6 Best Player: Luca M Cabra Rust player
Cabra Gold def Cabra Rust 26-10. Cabra Gold Best Player: Jayden F. Cabra Rust Best Player: Sam M.
Cabra Blue won 20-0 Best Players: John A and Angus H.

Primary Girls Basketball
Cabra Gold lost 14-28. Best Player: Jana R.
Cabra Black drew 30-30. Best Player: Aelisa B.

Cricket
Yr 9/10B vs St Peter’s 2—CANCELLED DUE TO WET PITCH
Yr 8B vs Blackfriars—CANCELLED DUE TO WET PITCH
Yr 6 Primary B3 vs St John’s. Great result for our first game. We decided to bowl first and kept them to 6/89 off 25 overs. Our boys chased that down and won by 7 wickets. We kept on batting and ended up on 4/120. Best Players: Liam W made 38 (retired twice) and Joseph bowled and batted really well. Well done to all. Tom and Jacob—Coaches.

Tennis
Yr 9 Boys lost to Pulteney - 5 sets, 50 games to 7 sets, 55 games. A close tussle. Congratulations to Sebastian K and Ryan W, partnering to win doubles and both winning singles, and Hayden and Max both winning singles. David Kilmartin—Coach
Yr 8 Boys def Blackfriars 3, well done boys.
Snr Girls Tennis lost to Sacred Heart 2, 1 set, 9 games to 5 sets 33 games. Well done to Georgia K on winning her singles. Best Players: Georgia K & Holly J.
**Round 2 Sport**
Friday 23rd October

**Primary Tennis – All games start at 4.00pm**
Primary Boys vs St John’s at St John’s
Primary Girls vs St Ignatius Gold at Cabra

**Boys / Mixed Volleyball—All games at 4.15pm**
*unless otherwise stated*
Yr 11 Mixed BLACK vs St Ignatius A1 at Cabra at 5.00pm
Yr 10 Mixed GOLD vs St Ignatius A4 at Cabra at 5.00pm
Yr 10 Mixed WHITE BYE
Yr 9 Mixed GOLD vs Scotch at Scotch at 4.30pm
Yr 9 Mixed BLACK vs Westminster 1 at Cabra
Yr 8 Mixed GOLD vs Westminster at Westminster
Yr 8 Mixed BLACK vs Scotch at Cabra

**Saturday 24th October**

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

**Cricket—All games start at 8.15am**
*unless otherwise stated*
Yr 9/10B vs NMHS at NMHS
Yr 8B vs Blackfriars at Cabra
Yr 6/7 Primary B1 vs St Ignatius A at Cabra
Yr 6 Primary B3 BYE

**Tennis—All games start at 8.30am**
*unless otherwise stated*
Yr 9 Boys vs St John’s at Cabra
Yr 8 Boys BYE
Snr Girls Tennis vs Nazareth 1 at Nazareth
Middle (Yr 7/8) GIRLS BLACK vs St Aloysius 3 at SAC Prospect Rd Courts
Middle (Yr 7/8) GIRLS GOLD vs St Ignatius 3 at Cabra

**Girls Volleyball**
Snr Girls vs St Ignatius 1 at Mary Mackillop at 8.30am
Middle Girls vs Mary Mackillop 1 at Mary Mackillop at 10.10am

**Important Diary Dates**

**Week 3 Term 4**

**NO SPORT TRAINING THURSDAY DUE TO AWARDS PRESENTATION**
Thursday 29th October

**2015 Whole School Sport Awards Evening**—Calaruega Hall—5.30pm—sausage sizzle—6.00pm SHARP—Awards Commence—9.00pm

**Week 5 Term 4**

**Wednesday 11th November**
Yr 8/9 Girls KO Basketball Finals Day—Details TBC

**Thursday 12th November**
Yr 10 Girls KO Basketball Finals Day—Details TBC

**Sporting Achievements**

Over the October long weekend Saul Morelli (9N) participated in the World Taekwondo Federation National Championships held in Adelaide at the Super Drome Gepps Cross and won the gold medal for sparring in his division. Amazing achievement, congratulations Saul.

**General Information**

**Schools Triathlon—FREE 4 Week Program**
With assistance from Triathlon South Australia, School Triathlon Challenge have been able to secure funding from the Adelaide City Council to run a FREE 4 week program at the North Adelaide Aquatic Centre from Monday 2nd November for 80 primary school students. This program will cover the basics of preparing for a triathlon, including a swim session. Go to the Schools Triathlon Challenge Website for more information—www.schoolstriathalonchallenge.org.au

**Junior Kayak Development Program**

The Holdfast Bay Paddle Sports Club (HBPSC) would like to offer your son or daughter the opportunity to participate and try kayaking at our canoe club in our Kayak Development Program. This paddling program is aimed at junior athletes (12-16 years old) with or without a Surf Life Saving background the opportunity to learn to paddle on flat water in kayaks. This offers a safe and more controlled environment to learn fundamental paddling skills to promote highly skilled paddlers for the future.

**Dates:**

- **Come’n’try** - Saturday 24 October, Tuesday 27 October and Thursday 29 October 2015
- These dates are ones where you can try for a session or two before committing to three months of training.
- **Development Program** – Saturday 24 October to Saturday 12 December after these dates for those wishing to continue an equivalent program will be provided.

**Ongoing Sessions:** 3 sessions per week
- Tuesday 5:00pm – 7:00pm
- Thursday 5:00pm – 7:00pm
- Saturday 10:00am – 12:00pm

Note: Sessions can range between 1-2 hrs including set-up and pack up times. Training times may change in consultation with athletes and parents.

**Cost:** $100 for the Kayak Development Program. This includes a 3 month membership of the club and Australian Canoeing.

**Location:** Holdfast Bay Paddle Sports Club, Anderson Ave, Glenelg North, SA 5045

**Contact:** Luke Haniford – 0433 746 783 or luke_hanno@hotmail.com

**Places:** There are a maximum of 20 places so be quick to book in!