On Saturday August 6th the annual St Dominic’s Cup round against Blackfriars was held. This round was hosted by Blackfriars. Our Senior Basketball teams travelled and conquered once again to hold onto the cup for yet another year. In a clean sweep of matches the C’s won 47-14, the B’s won 74-9, and the A’s, preparing for the State-wide finals, scored an 86-34 victory in an entertaining encounter. The C’s were impressive again with Oliver M (17pts) and Jesse B (12pts) leading all scorers. In the B’s points were spread in a great team performance with Aiden B producing a solid 17 point game. In the A’s our shooting skills, transitional play and up-tempo defence was on show. Daniel M, Jalen C and Ethan S really impressed on the day with sharp performances, terrific decision making and precise execution of their skills. The medal for the match was awarded to Harry R. A special thank you to Mr John Cameron and Ms Helen Riekie who were present to watch the boys in action and the presentation of the cup and medals. Mr Rob Jarrad.

Results: Cabra A’s 86 Blackfriars 34. Daniel M 21pts, Ethan S 20pts, Jalen C 12pts.
Cabra B’s 74 Blackfriars 9. Aiden B 17pts.
Cabra C’s 47 Blackfriars 14. Oliver M 17pts, Jesse B 12pts

Going into the match as reigning Dominican Cup Champions, the Open Soccer Boys knew they had big shoes to fill if they wished to retain the Trophy. Both sides competed hard from the opening whistle, however Blackfriars were able to quickly open the scoring from a sharp set play. Cabra fought hard to get that goal back and it seemed like we would be heading into the half at 1-0, unfortunately Blackfriars were able to score a second goal just before the half. Beginning the second half 2-0, we knew lots of work would be required in order to stay in the game. The boys’ were getting visibly frustrated in the second half but despite seemingly being out of the game, they continued to fight on to the very end, A disappointing 0-3 loss in the end and the Dominican Cup back in the hands of Blackfriars. Well done to all and better luck next year. Best players: Kyle E. Ben Barrett: Coach.

The Year 10 Knockout Netballers had their work cut out for them on Monday 8th August. Playing Sacred Heart in the first round the girls came out firing and did well for three quarters but unfortunately, Sacred Heart proved too strong for a full four quarters winning the match - 32-38. Sacred Heart and St Mary’s fought it out in the second match, St Mary’s winning easily. Going into the last game against St Mary’s, the girls had knew they had a challenge ahead; needing to win by at least 10 goals to go through to the Finals. The girls started strong and it looked like St Mary’s would have a fight on their hands. The girls followed through with the game plan winning every quarter with their defensive game absolutely smashing the St Mary’s attack. All players contributed and kept fighting right to the last whistle. The girls beat St Mary’s by a whopping 17 goals—a few tense minutes at the end of the game where it was confirmed that Cabra won the round robin through percentage. Well done to all girls and Coaches Eddie Janmaat and Deanna Riley and good luck in the Final. Go Cabra!
**Beyond Blue Round**

Last weekend the Adelaide College Sporting Community took the opportunity to raise mental health awareness by wearing blue tape/ribbons/socks. We were very happy to see so many players sporting the Blue Colours. Currently in 6 Australians are suffering from anxiety, depression or both – an alarming statistic! Thank you to all those who supported this round—more great shots on page 4.

**Squash**

Squash—a resounding 4-0 win over St John’s Grammar. The team are all set for finals now and the countdown is on—great job! Leigh Symonds: Coach.

**Basketball—Dominican Cup Round**

Snr Boys v Blackfriars—report front page.


Jnr Boys v Blackfriars

MID A def Blackfriars 68-19.


**Football**

Open def by Cardijn.

Yr 8/9 def by Concordia.

Yr 6/7 def Sacred Heart 3.3.21–1.1.7. Goals: Kye R 2, Tom L. Best players: Jackson T, Ben R, Tom L, Sam H, Kye R, Anthony H

**Netball**

Senior A1 def by Cardijn: 17-30. Best players: Carly P, Lucy F

Senior A2 def by Loreto: 32-21. Best Players: Kate B, Sophie O’D

Senior B2 def Nazareth: 29-17. Best players: Julie B, Issy R

Senior C1 def St Dominic’s: 33-16. Best players: Annabel Mc, Lauren M

Yr 10A def by Mercedes: 23-40. Best players: Hannah G, Emily B

Yr 10B def St Ignatius: 22-10 Best players: Jess L, Lana A

Yr 10C def St Ignatius: 05-55 Best players: Georgia Cl, Georgia Cr.

Yr 9A1 def Mercedes 31-27. With just 7 girls, all players came together exceptionally well and fought hard to challenge Mercedes all over the court. The girls played a very strong, confident game, and should be very proud of their efforts. Best players: Too hard to pick just two as defensive pressure and attacking play were both excellent. Well done girls! Ms Emily Crosbie: Coach.

Yr 9A2 def Loreto 1, 20-17. Best players: Lily P, Grace T.

Yr 9B1 A great game between St Ignatius and Cabra 3 – after an even and competitive start, Iggies drew away and then led for all four quarters. Cabra played well but were no match, they were graceful in defeat.

Yr 9B2 results not received.

Yr 9C def Mercedes 23-15.

Yr 8A def by Cardijn 12-34.

Yr 8B1 def by Mercedes 18-23.

Yr 8B2 results not received.

Yr 8C1 defeated by Marymount. The girls did well and never gave up. Thank you to fill ins from 8C2.


7 Black Cabra 22 lost to Highgate 28

Best player: Hayley

7 Gold def by Mitcham 14-24. Best players: Emma C.

6 Black Cabra 10 lost to Reynella 17

Best player: Emma

6 Gold Cabra 12 defeated Hawthornedene 8

Best players: Charlotte and Jorjia

6 White results not received.

**Soccer**

Open v Blackfriars—report front page.

YR 10 def by Blackfriars 1-6. The team held together well, but was outgunned by some fast, attacking moves by Blackfriars in the first half. At the break we were down 5-0. In the second half we didn’t drop our heads, our defenders remained under extreme pressure but performed valiantly and doggedly. In fact, until the final minutes we were winning the second half with plenty more possession and close shots on goal than our opponents. In the end it was a 1-1 score line for the second half which is a credit to the team’s fighting spirit. The game was played in friendly good spirits by both Dominican teams. Great performance from the defensive line of Sam C, Sebastian N, Nqobile D and Sebastian K. Goal: Daniel S (from penalty).

David Kilmartin: Coach.

Middle A def by Nazareth 2-5. Scorer: Cameron G

Best players: Cameron G, Timothy N, Lucas T

Middle B def Nazareth 6-1.

Middle C def Glenunga 6-3. Best players: Peter and Tom.

Middle D Cabra 0 vs CBC 16. We started slowly and had a flurry of goals kicked against us early. A change in our formation brought a more competitive final 10 minutes to the first half. That competitiveness continued for the beginning of the second half with Will playing particularly well in defense, and we created a few scoring chances. In the last ten minutes we didn’t defend well, which let the opposition score easily and often. Shane Pill: Coach.

Yr 7 def by Blackfriars 3-6. Best players: Ben, Anthony & Seb.

Primary Black def Pembroke 6-0. Goals: Paddy 2, Christian 1, Jakob R 2, Jock 1. Best players: Anastasia, Paddy, Samantha.

Primary Gold def St Paul’s 4-3. Goals: Thomas, Peter 2, Oli.

Girls BYE
Cabra old scholar Cayla George (Francis) is currently in the Australian Olympic Basketball team in Rio de Janeiro, Brazil. Enjoying success in this tournament, in Australia’s first game against Brazil, Cayla scored 9 points in 9 minutes and iced the game with a 3 pointer at the buzzer. Cayla, now age 27, was a member of Cabra’s Championship Girls basketball team winning the Australian U/17 Championship in 2003, and Senior State-wide Championship title successes in 2004 and 2005. Cayla was also part of the State-wide Year 10 Netball Championship team in 2003. Cayla along with Abby Bishop, who also has represented Australia in basketball, formed our ‘twin towers’ duo to dominate school basketball and netball. Go CAYLA and AUSTRALIA at the OLYMPICS! Well done to those students who competed in the SACPSSA Cross Country—full report and pictures next week!

Important Diary Dates

Week 4 Term 3
Wednesday 17th August
Open Basketball Finals Day—Boys & Girls

Friday 19th August
Open Knockout Netball—Round 2

Week 5 Term 3
Wednesday 24th August
Primary Athletics carnival—Team to be confirmed

Thursday 25th August
Winter Sport Team Photos
Yr 8/9 Girls’ Football

Week 6 Term 3
Monday 29th August
YR 10 KO Netball Finals

Thursday 1st September
8/9 Girls’ KO Basketball

Week 7 Term 3
Wednesday 7th September
SACPSSA Touch Carnival—Teams TBC