

Information Guide

Sport

Sport is available to every Cabra Dominican College student, and while participation isn't compulsory, all students are encouraged to become involved. Every level of ability is welcomed and supported.



Nominations

Parents/caregivers are invited to nominate their child for their chosen co-curricular sport/s using the Qkr! app. Teams must have adequate numbers before being entered into the competition. Students are expected to commit to their team for the entire season. Summer Terms 1 and 4, Winter Terms 2 and 3.

There are no withdrawals or fee reimbursement once nominated.

Celebrating Sport

Each year in Term 4, we hold an event where families come together to celebrate the year in Sport.

Fees

Sports are \$115 per season. Uniforms are an additional cost and must be purchased from the Uniform Shop.

Summer Sport (Terms 1 & 4)

Trainings are held weekly throughout the season.

Basketball – Girls

Games are played Saturday mornings at various locations.

Cricket

All year levels play Saturday mornings at home and away venues.

Tennis

All teams play on Saturday mornings at home and away venues.

Volleyball

Boys and mixed teams play on Friday afternoons at home and away venues. Girls teams play on Saturday mornings at various locations.

Touch football

Games are played at a fixed venue (Greenhill Road).
Girls: Saturday mornings. Boys: Wednesday afternoons.

Winter Sport (Terms 2 & 3)

Trainings are held weekly throughout the season.

Basketball – Boys

Year 7 boys basketball is played at various locations.
Year 8 – 12 play on Saturday mornings at home and away venues.

Cross Country

Students have the opportunity to participate in the Secondary carnival at Oakbank (held mid Term 2).

Football – Boys

All games are played Wednesday afternoons at home and away venues.

Football – Girls

Year 7 - 9 girls play Friday afternoons at home and away venues. Year 10 - 12 girls play Wednesday afternoons at home and away venues.

Netball

Trials are held in Term 1 for all year levels. All teams play on Saturday mornings at various venues.

Soccer

Boys teams play Saturday mornings at home and away venues. Girls teams play Saturday morning at various locations.

Table Tennis

All teams play Friday after school at home and away venues.

Contact Details

Sport Office: 8179 2415
sport@cabra.catholic.edu.au

Carnivals

Athletics

Students are selected to participate in the Catholic Schools Co-ed Carnival in Term 1.

Swimming

Students with swimming experience may nominate to participate in an inter-school sport carnival in Term 1. Trials will be held at Unley Pool.

Volleyball

All Year 7 – 9 students involved in co-curricular volleyball are invited to attend the Volleyball SA beach volleyball carnival in Term 4.

KnockOut Sport

Students are selected to represent Cabra in various knockout competitions throughout the year. Selections are based on previous knowledge of ability and/or trials.

Intercol

At the end of the winter sport season, Cabra plays Nazareth in an intercollegiate competition. Where possible, all sporting fixtures for this week are between the two schools.



Uniforms

Volleyball

PE uniform

Tennis

PE uniform

Cricket

PE top with cricket whites (supplied)

Touch

Uniform singlet (to be purchased)

Basketball

Top and shorts (to be purchased)

Football

Guernsey, socks and shorts (to be purchased)

Netball

Dress (to be purchased)

Soccer

Top, socks and shorts (to be purchased)

Table Tennis

PE uniform

Note: Items are available for purchase at the Uniform Shop.