

SPORTS



METHODIST
LADIES'
COLLEGE



FROM THE HEAD OF SPORT

Methodist Ladies' College (MLC) has a strong sporting history, with pennants and trophies won in a wide variety of sports. There have been many state and national representatives, and there continues to be to this day. MLC also boasts a number of Olympians among our Collegians.

Every student at MLC can participate in sport as part of their co-curricular commitments. Students are encouraged to take part, whether it be for recreation and fun or for high-level competition.

Throughout the year there are three carnival sports (Swimming, Cross Country and Athletics) and 12 team sports which girls in Years 7 to 12 can compete in. In Years 3 to 6 there are carnivals in Swimming, Cross Country, Winter Games and Athletics with the added benefit of three fixture afternoons for Year 6 in a variety of winter sports.

Sport plays a huge role in the holistic development of students at MLC.

It provides them with opportunities to develop confidence and work closely with others striving towards a common goal, while also teaching them the important behaviours that go with winning and losing. Furthermore, sport improves physical and mental health, providing an outlet for stress and anxiety, which can be vital in the demanding College life of a MLC student.

Sport also contributes to a determined attitude, and perseverance is encouraged throughout all years. The development of essential motor and social skills, as well as problem solving, further enhance the benefits playing sport can have on a student's life. When competing, students are encouraged to do so in alignment with the College motto: *Per Ardua ad Alta*—through striving to the heights. The Physical Education and Sport Department expects students to represent the College with passion, purpose and pride in all their sporting endeavours.

Jon Smedley



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PRE-PRIMARY-YEAR 6

MLC is a member of the Junior Independent Girls' Schools' Sports Association WA (JIGSSA WA). The MLC Junior Years' sports programme aims to provide the following opportunities for all students:

- Emotional development (motivation, success/failure, school spirit)
- Leadership
- Physical development (skills, fitness, strategy)
- Social interaction
- Sportsmanship

Interhouse Competition

The Interhouse Competition at MLC is an integral part of the sports programme. It provides each House with an avenue to develop House spirit and pride.

The foundations for this competition are the three major Interhouse carnivals for Years 4–6:

- Athletics
- Cross Country
- Swimming

Students from Year 3 participate in their own Swimming Carnival, and students from Years 1–3 also participate in the Interhouse Athletics Carnival.

A Champion House Trophy is awarded to the winning House in each of these major events, and a Spirit Trophy is awarded to the House deemed to have displayed the most spirit and enthusiasm. These carnivals are used to select squads and teams for the JIGSSA WA carnivals.

Years 5–6 House Activities

Methodist Ladies' College has a long-standing tradition of House activities. Houses from each Year meet in an arranged match-play format once per fortnight.

Representative Sport

All MLC students participate in all JIGSSA WA carnivals. These provide quality sporting opportunities for students in a combination of participation- and competition-based events, promoting the pursuit of a healthy, active lifestyle in a fun and safe environment.

- Winter Games Day (Years 3–6)
- Summer Games Day (Years 3–6)

Selected students compete in the following events:

- JIGSSA Cross Country (Years 3–6)
- Athletics (Years 4–6)
- Swimming (Years 4–6)

The MLC Netball Club provides further opportunities for girls to represent the College in sport. Girls can play from Year 2 onwards. Training takes place one afternoon per week with matches on Friday nights or Saturday mornings. Further information in the netball Club handbook.

Development Squads

Weekly development squads are run each term and are open to girls in Years 4–6.

The purpose of this initiative is to expose the girls to sports that they will have the opportunity to play weekly in Year 7 as part of the IGSSA WA competition. They are run by high-quality coaches and take place one morning per week before school. Some of the squads have a maximum number of participants and therefore the places are allocated on a 'first come, first served' basis. All sessions are held at MLC.

The term schedule is as follows:

- Term 1 – Hockey
- Term 2 – Volleyball
- Term 3 – Basketball
- Term 4 – Tennis

Subject to change.

KINDERGARTEN– YEAR 2

Co-curricular sessions in a variety of sports are run for students in these year groups. They typically run after school and can vary from year to year. Recent successful programmes include cricket and soccer.

Students also participate in a variety of intra-school carnivals throughout the year, including mini-athletics and team games.



YEARS 7–12

MLC is a member of the Independent Girls' Schools' Sports Association WA (IGSSA WA), which ensures competition in a wide range of sports.

IGSSA WA consists of the following schools:

- Iona Presentation College
- Methodist Ladies' College
- Penrhos College
- Perth College
- Presbyterian Ladies' College
- St Hilda's Anglican School for Girls
- St Mary's Anglican School for Girls
- Santa Maria College

Carnival Sports

- Athletics
- Cross Country
- Swimming

Competition in these sports culminates with a one-day carnival towards the end of term. It is our prerogative to field the strongest teams possible for these events. Training for each of these core sports is a priority and is led by high-quality coaches.

IGSSA WA Team Sports

MLC is also required to fill teams in the following sports, with competition taking place after school on Wednesday afternoons for Year 7 and 8s and Thursday afternoons for Years 9–12. The carnival sports run parallel with these sports, and girls can choose to compete in both in the same term.

- Australian Rules Football
- Badminton
- Basketball
- Cricket
- Hockey
- Netball
- Rowing
- Soccer
- Softball
- Tennis
- Volleyball
- Water Polo



Rowing (Year 9–12)

The rowing season takes place in Term 2, with preseason commencing in Term 4. Five regattas are held on Saturday mornings throughout the term and all take place at Champion Lakes. The season culminates with the Head of the River; one of the most prestigious days in the IGSSA WA sporting calendar. Students are able to participate in rowing as well as carnival and/or team sports. However, careful consideration should be given to balancing one's co-curricular commitments.

Other Sports

Annually, we have a number of students who are passionate about sports that unfortunately cannot be offered through the MLC sporting programme. We do, however, support entries and will assist in organising teams to compete in the following events where there is interest:

- Equestrian – State Interschool Championships
- Golf – IGSSA WA Golf Competition
- Surfing – WA Surfing Titles
- Sailing - WA Team Racing Championships
- A variety of SSWA Competitions

Club Sport

The MLC Weekend Netball Club runs in addition to carnival and team sports. The competition takes place on Saturdays in Term 2 and 3. Girls may elect to play for the Netball Club in addition to their participation in the IGSSA WA competition. A separate handbook is available for more detailed information on our Netball Club.

Interhouse Competitions

The Interhouse competition at MLC is an integral part of the sporting programme. It provides students with an avenue to develop House spirit and pride. The foundations of the sporting competition are the three Interhouse carnivals:

- Swimming
- Cross Country
- Athletics

A Champion House Trophy is awarded annually to the winning House in each of these events, and awards are given to those athletes who have excelled in the competitions.

Expectations

Students are expected to be punctual for all training sessions and are to wear the appropriate uniform. Students who are unable to attend a training session or fixture for any reason should inform the staff coordinator of that sport prior to the session in question.

Parents are requested to ensure their daughters are collected promptly at the end of after-school training sessions, matches and off-site competitions. Students will not be left at a venue on their own to wait for parents. In the event there are students returning to school on a College bus, a student whose parents are late will be asked to return to school on the bus.

Transport

Parents provide transport to morning training sessions, pickup from afternoon training sessions and transport to most carnivals. Transport will be provided for training sessions and IGSSA fixtures that require students to travel to and from the College.

Costs

There is an additional charge for those students who elect to row. This fee is used to contribute towards the significant costs of purchasing and maintaining equipment, and to assist in the provision of transport and a team of coaches.

The Weekend Netball Club also carries an additional cost to cover competition fees and coaching.

Occasionally some services may be offered on a user-pays basis, but these occasions are rare and appropriate notice will be provided.

Communication

General sporting information, changes to arrangements, cancellations due to inclement weather and weekly match reports are regularly updated on:

- Daily Bulletin (students)
- Wyvern (parents)
- Direct email (students and parents)
- IGSSA WA App – Fixtures, results and ladders
- MLC Sport App – in primary instance

SPORTS AWARDS

MLC awards are presented to students for each IGSSA sport and to those who have upheld and displayed the MLC College Values in that sport. The recipients are also role models for younger girls, and demonstrate outstanding sportsmanship both on and off the field.

All Rounder

Wendy Carr Trophy for
Best All Rounder in Sport

Best Year 12 Athlete in 1st Division

Brylhu Trophy for House Spirit

Athletics

Athletics Trophy

Basketball

MLC Trophy for Basketball

Cricket

Nicole Bolton Award for Senior Cricket

Cross Country

Elizabeth Davenport Cup for Cross Country

Hockey

Manning Cup for Best Senior Hockey Player

K Maddock Cup for Best Junior Hockey Player

Netball

Angel Trophy for Netball

Gairns-Galbraith Trophy for Weekend Netball

Rowing

Senior Oarswoman of the Year

Tracey Higgins Memorial Award for Rowing
in Year 9

Senior Club Person of the Year for Rowing

Senior Coaches Award for Rowing

'Freshy' of the Year

Year 9 Best Oarswoman

Year 9 Best Clubwomen

Year 10 Best Oarswoman

Year 10 Best Clubwomen

Year 10 Most Improved Oarswoman

Soccer

Senior Soccer Best and Fairest Trophy

Junior Soccer Best and Fairest Trophy

Softball

Wadsworth Trophy for Softball

Swimming

Chittleborough Trophy for Swimming

Tennis

Fleming Cup for Best Senior Tennis Player

Harold Cup for Best Junior Tennis Player

Volleyball

MLC Trophy for Volleyball

Water Polo

MLC Trophy for Water Polo

In addition to these formal awards, a Coach's Award will be presented at the end of each term to a player from each team. A certificate will be presented to all recipients at the final assembly of the term.



Show your
PASSION.

Demonstrate
PURPOSE.

Play with
PRIDE.



Sport College Colours

College Colours are awarded each term to girls participating in IGSSA sport. In addition to meeting the specific criteria set out below, girls must, at all times, demonstrate behaviour that is consistent with the MLC Values.

Middle Years' Half Colours are awarded in Years 7–9 and embroidered on the Physical Education polo shirt.

Senior Years' Full Colours are awarded in Years 10–12 and embroidered on the MLC blazer pocket.

Criteria

A-Division IGSSA WA teams:

- Attendance at a minimum of 80 per cent of training sessions. The coach's discretion will be used in regard to athletes who train externally for elite competition.
- Attendance at 90 per cent of all games.
- Demonstration of a positive attitude towards team members, opposition players and staff.
- Participation throughout the season in an A-Division and IGSSA team that finishes in the top four schools for this sport.

OR

- Participation in a Pennant winning team throughout the season, regardless of division.

OR

- Participation during the three Senior

Years in an IGSSA team (any division) for one given sport (having not received a Colour for that sport during the three years).

Individual sports of Athletics, Cross Country or Swimming:

- Attendance at a minimum of 80 per cent of training sessions. The coach's discretion will be used in regard to athletes who train externally for elite competition. Attendance at 90 per cent of all games.
- Demonstration of a positive attitude towards team members, opposition players and staff.
- Participation in the IGSSA WA competition.

A points tally is applied to the IGSSA WA competition, and athletes must achieve at least the following points/achievement level:

- Athletics - 30 points tallied from a maximum of four individual events and a relay.
- Cross Country – Top-20 finish in the IGSSA WA competition.
- Swimming – 20 points tallied from a maximum of two individual events and one relay.

OR

- Win an A-Division event at the IGSSA WA Competition.

OR

Participation during Years 10, 11 and 12 in the same IGSSA sport in any division (having not previously received a Colour for that sport during the three years).

MLC IGSSA 25 CLUB

The MLC IGSSA 25 Club membership recognises students who have made an outstanding contribution to College sport and IGSSA WA competition.

This award acknowledges students who have represented the College in 25 or more IGSSA WA teams across any division.

To become a member of the MLC IGSSA 25 Club, students must display an unwavering commitment to trainings and games while demonstrating qualities that reflect the College Values.

State and National Representative Honour Board

The College recognises students who have reached the pinnacle of their chosen sport and have represented either their state or country.

These students are invited to have their name placed on our honour board, which is displayed in the Meredith Taylor Health and Sports Centre.



AUSTRALIAN RULES FOOTBALL

Football was added to the IGSSA WA competition in 2019 due to its growing status in the community and accessible pathways into playing the sport professionally. The game is played with modified rules in conjunction with the West Australian Football Commission recommendations.

YEAR	7-12
Season	Term 1
Competition	IGSSA WA – usually held on Wednesday and Thursday afternoons
Grades	7/8 – A and B 9/10 – A and B Year 11/12 A
Training	Once a week in the morning or afternoon
Venue	MLC, and CCGS Playing Fields
Uniform	MLC Guernsey and Shorts provided. Long purple socks and studded boots are also required

ATHLETICS

IGSSA Athletics training caters for everyone—girls trying Athletics for the first time, girls wanting to increase their fitness and girls wishing to be selected for the IGSSA Athletics team.

YEAR	4-6	7-12
Season	Terms 3-4	Term 3
Competition	JIGSSA WA Carnival	IGSSA WA Carnival
Training	Afternoon sessions twice a week	Morning and afternoon sessions, offered 4-5 times per week in season.
Venue	MLC	MLC Oval, WA State Athletics Stadium
Uniform	Physical Education uniform	MLC athletics singlet and MLC bike pants
Head Coach		Chris de Boer

BADMINTON

Badminton was formally introduced to the IGSSA WA competition in 2019.

Training runs once weekly in season and the competition takes place over one evening.

This is a largely participation-based sport and we encourage girls who may not regularly compete in IGSSA sport to take part in badminton.

YEAR	9-12
Ages	14 years and over
Season	Term 1 - Year 11 and 12 Term 4 - Year 9 and 10
Competition	IGSSA WA – one evening competition. Date can change annually.
Grades	9/10 – A to D 11/12 – A to D
Training	Once a week in the morning
Venue	MLC
Uniform	IGSSA shirt, PE shorts and white MLC socks

BASKETBALL

In basketball, the girls benefit from outstanding facilities and high-quality training by very experienced coaches.

YEAR	3-6	7-12
Season	Term 4	Term 3
Competition	Perry Lakes Primary Schools' Competition - Thursdays after school	IGSSA WA – usually after school on Wednesdays and Thursdays
Grades*	Unlimited	7/8 – A to E 9/10 – A to D 11/12 – A and B *extra grades are often possible depending on numbers
Training	One afternoon session every week	One morning or afternoon session every week
Venue	Meredith Taylor Heath and Sports Centre	Meredith Taylor Heath and Sports Centre
Uniform	Physical Education uniform. Numbered bibs will be supplied	PE shorts and socks. Numbered basketball singlet is supplied

CRICKET

Cricket was introduced to the IGSSA WA competition in 2017 and continues to operate with modified rules and equipment. Year 7 and 8 and Year 9-12 play together.

YEAR	7-12
Season	Term 4
Competition	IGSSA WA competition held on Thursday afternoons.
Grades	Unlimited
Training	Once a week before school
Venue	MLC and various
Uniform	IGSSA shirt, PE shorts, white MLC socks and MLC cap or visor
Staff Member	Jonathan Weekes jweekes@mlc.wa.edu.au

CROSS COUNTRY

The Cross Country programme incorporates pre-season Athletics training. It's ideal for girls who enjoy longer distances (1.5–3km) or who want to keep fit. The competition is run on a grass course at Alderbury Reserve.

YEAR	3–6	7–12
Season	Term 3	Term 2
Competition	JIGSSA WA Carnival	IGSSA WA Carnival
Training	Two mornings a week	Four mornings or afternoons a week
Venue	MLC and surrounding area	MLC and surrounding area
Uniform	Physical Education uniform	MLC athletics singlet and MLC bike pants
Head Coach	Chris De Boer cdeboer@mlc.wa.edu.au	Chris De Boer cdeboer@mlc.wa.edu.au

HOCKEY

Hockey is extremely popular at MLC, and the College boasts a number of State and National representatives in recent years. The players benefit from a high level of expertise among the staff and external coaches.

YEAR	7–12
Season	Term 2
Competition	IGSSA WA – usually on Wednesday and Thursday afternoons
Grades	7/8 – A and B 9/10 – A and B 11/12 – A
Training	Term 2, once a week in the morning or afternoon
Venue	MLC and Alderbury Reserve
Uniform	IGSSA shirt, purple skort and long purple socks
Staff Member	Jon Smedley jsmedley@mlc.wa.edu.au

NETBALL

Usually, girls who play for the College netball club or other community clubs, also play in midweek IGSSA teams. The MLC Weekend Netball Club boasts more than 30 teams, with many pennants won on an annual basis. Most importantly, there is a team for every girl who wishes to take part.

YEAR	IGSSA	WEEKEND NETBALL CLUB
Season	Term 2	Terms 1–3
Competition	IGSSA WA competition usually held on Wednesday and Thursday afternoons	PNA competition held on Saturday mornings
Grades	7/8 – Unlimited 9/10 – A to G 11/12 – A to D	Not limited.
Training	Term 2, linked to club training schedule	Mornings, lunchtimes and/or afternoons in Terms 1–3
Venue	MLC and Matthews Netball Centre	MLC and Matthews Netball Centre
Uniform	Purple netball dress, purple shorties and white socks with green trim	Purple netball dress, purple shorties and white socks with green trim
Staff Member	Gayle Watson-Galbraith gwatson-galbraith@mlc.wa.edu.au	Gayle Watson-Galbraith gwatson-galbraith@mlc.wa.edu.au

ROWING

Rowing is a thriving team sport in which every member of the crew has an equal role to play. No previous knowledge of the sport is required when girls begin Rowing.

YEAR	9–12
Season	Terms 4–1
Competition	IGSSA WA regattas are held on Saturday mornings in Term 2
Training	Mornings and afternoons
Venue	MLC/CCGS boatshed and Murdoch University Boatshed
Uniform	Year 9: IGSSA shirt and PE shorts Years 10–12: MLC zoot suit
Staff Member	Marshall Varley mvarley@mlc.wa.edu.au

SOCCER

Soccer is a growing sport within the IGSSA competition and at MLC we have some excellent community links for girls wishing to extend their participation.

YEAR	7-12
Season	Term 3
Competition	IGSSA WA – usually held on Wednesday and Thursday afternoons
Grades	7/8 – A and B (extra grade often possible depending on numbers) 9/10 – A and B 11/12 – A
Training	One morning or afternoon a week in Term 3
Venue	MLC
Uniform	IGSSA shirt, PE shorts and long purple socks. Shin pads and soccer boots with studs are compulsory

SOFTBALL

MLC has a long history of success in softball and our teams remain very competitive.

YEAR	7-12
Season	Term 4
Competition	IGSSA WA – Year 7 to 9 usually held on Wednesday afternoons. Year 10 to 12 - One day competition in Week 3
Grades	Year 7-9 - A to E (extra possible) Year 10-12 - A and B
Training	Term 4 once a week in the morning or afternoon
Venue	MLC/CCGS playing fields
Uniform	IGSSA shirt, PE shorts and long purple socks and MLC cap or visor

SWIMMING

Swimming is a big part of the sporting calendar and begins with the House competition. Girls have a number of opportunities to achieve timed results, which count towards selection for the IGSSA team.

YEAR	4-6	7-12
Season	Term 1 and 4	Term 1 and 4
Competition	JIGSSA WA carnivals	IGSSA WA carnival
Training	Term 1 - twice a week Term 4 - once a week	Term 1 - 5 mornings a week Term 4 - 3 mornings a week
Venue	MLC/CCGS Aquatic Precinct	MLC/CCGS Aquatic Precinct
Uniform	MLC bathers and green MLC cap	MLC IGSSA bathers and green MLC cap

TENNIS

MLC Tennis has a recent history of both state-ranked and nationally ranked players. Our programme is run under the guidance of tennis professionals from Dalkeith Tennis Club.

YEAR	7-12
Season	Term 1/Term 4
Competition	SSWA Competition/IGSSA WA - one day competition
Grades	Year 7 to 9 Year 10 to 12
Training	Once a week in the morning or afternoon
Venue	MLC courts
Uniform	IGSSA shirt, PE shorts, white MLC socks and MLC cap or visor

VOLLEYBALL

Volleyball is held as part of the IGSSA WA summer term competition. Girls benefit from the coaching expertise of the staff and numerous Collegian coaches.

YEAR	7-12
Season	Term 1
Competition	IGSSA WA – usually held on Wednesday and Thursday afternoons
Grades	7/8 – Unlimited 9/10 – A to F 11/12 – A to D
Training	Once a week before or after school.
Venue	MLC indoor courts/oval
Uniform	IGSSA shirt, PE shorts, white MLC socks

WATER POLO

Water Polo has significantly grown in popularity at the College in no small part due to the opening of the Aquatic Precinct in 2019.

YEAR	7-12
Season	Term 4
Competition	Years 7-9: IGSSA WA – Tuesday afternoons Years 10 to 12: One day competition in Week 3
Grades	Years 7, 8 and 9 – A to D Years 10 to 11 – A and B
Training	Once a week before school in Term 4
Venue	HBF Stadium and MLC/CCGS Aquatic precinct
Uniform	Water Polo bathers and green MLC swimming cap. Skull cap provided
Staff Member	Helen Gillausseyn hgillausseyn@mlc.wa.edu.au

NOTES



**METHODIST
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USEFUL CONTACTS

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