



METHODIST LADIES' COLLEGE

# SPORTS





# WELCOME FROM THE DIRECTOR OF SPORT

At Methodist Ladies' College (MLC), sport is an integral part of our students' educational journey.

We are proud of our long-standing tradition of sporting excellence across a wide range of disciplines, with many students selected to represent at regional, state and national levels.

We celebrate these achievements and walk alongside each girl as she pursues her own path—whether in high-level competition or through the joy of participation.

Several Olympians proudly call MLC home, with our Collegians continuing to inspire students as powerful role models of dedication, perseverance and excellence.

We are committed to leading the way in girls' sport by creating inclusive opportunities that allow every student to achieve her personal best.

Whether students compete for fun, fitness or high-level competition, we foster a culture that encourages:

- A strong sense of belonging.
- The confidence to embrace challenges.
- The determination to strive for excellence.
- A foundation of mutual respect for self, others and the game.

We value sport not only for the physical benefits but for the life skills it builds that includes but is not limited to resilience, confidence and leadership. Research shows that girls who stay in sport are more likely to hold leadership roles later in life\*.

That is why we don't just want our girls to play sport—we want them to stay in sport. Through participation and performance, we aim to nurture empowered, life-ready young women who understand the power of teamwork, discipline and passion.

**Jon Smedley**  
*Director of Sport*

\*EY Global (2020) *Why a female athlete should be your next leader*, [https://www.ey.com/en\\_au/athlete-programs/why-a-female-athlete-should-be-your-next-leader](https://www.ey.com/en_au/athlete-programs/why-a-female-athlete-should-be-your-next-leader)



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MLC

# SPORTING EXCELLENCE

As a focus within the *Shaping Futures: MLC 2030 Strategic Plan*, Sporting Excellence at MLC will be delivered through three main programs:

## High-Performance Pathways

Individualised support programs for our athletes at both an elite and developing level.

- **High-Performance Sports Prizes:**  
Supporting our students who compete at a representative level and who aspire to continue their sporting journey beyond school.
- **Emerging Athlete Program:**  
Led by the Director of Sport, the Emerging Athlete Program (EAP) will assist high-performing students in balancing their demanding sporting and academic calendars in a supportive educational environment. The program will support students with their academic needs and prepare them with the knowledge and skills for the demands of high-performance sport through a personalised strength and conditioning program, and access to athlete education workshops. All EAP activities are timetabled as part of the school day.

## Professional Partnerships

With industry and sporting bodies to support students achieve sporting excellence at MLC.

## Participation to Podium

Continual improvement of MLC's IGSSA, JIGSSA and club sport programs to take our participants to the podium.





## MLC High-Performance Sports Prizes

For those who currently compete at a state or national level and aspire to continue their sporting journey beyond school, MLC offers access to **High-Performance Sports Prizes**. Established with the support of the College and generous donors, the fund helps offset the costs associated with high-level training and competition such as travel, coaching and equipment.

### Eligibility and Application

Students in Years 6–11 (as of 31 December 2025) can apply for support through the fund, including those yet to commence at MLC (subject to confirmed enrolment).

Applicants must currently be competing in their chosen sport and have achieved one of the following in the past 12 months:

- Selection to represent Australia or Western Australia (including School Sport teams).
- Membership in a nationally or State-endorsed squad.
- Competition at a national level event.
- An individual medal at a State Championship.



# JUNIOR YEARS ACTIVITIES

## (PRE-PRIMARY-YEAR 6)

Sport in the Junior Years prioritises participation across multiple competitive sporting activities. Our focus is on ensuring every student has the chance to take part in suitably differentiated activities, while improving their sporting competency and enjoying the experience in a fun and supportive environment.

To ensure students are inspired to stay in sport throughout their time at MLC and beyond, sport in the Junior Years aims to grow students':

- Emotional and physical development
- Leadership
- Social interaction
- Sportsmanship

### Interhouse Competition

All students from Pre-Primary to Year 6 participate in Interhouse Sporting Competitions. These form an integral part of the Junior Years sports program and provide all students with the opportunity to compete and to develop House spirit and pride.

- Athletics (Years 1–6)
- Cross Country (Pre-Primary–Year 6)
- Swimming
  - Pre-Primary–Year 2
  - Year 3
  - Years 4–6

A Champion House Trophy is awarded to the winning House in each of these major events, and the Spirit Hat is awarded to the House deemed to have displayed the most House spirit and enthusiasm. These carnivals are used to select the teams representing MLC in the Junior Independent Girls School Sport Association (JIGSSA) WA Interschool Carnivals.

### Representative Sport (Selective)

Students are selected to represent MLC in the following JIGSSA Carnivals:

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

Students are selected primarily through results from the Interhouse Carnivals. In some sports, additional practice meets may be held, which act as an opportunity for students to record improved results. Compulsory weekly training sessions are held for students selected into MLC JIGSSA representative teams.

### Development Squads

Open to Years 3–6, Development Squads are non-selective and take place once a week focusing on a different sport each term (see below). The primary purpose of these squads is to build familiarisation with sports that feature in the competitive Independent Girls School Sport Association (IGSSA) program, which is available from Year 7.

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



## Non-Selective Competitive Sport

### JIGSSA – Summer and Winter Games

All students in Years 3–6 attend these one-day events each year. They are focused on skill development and familiarisation through professionally run clinics in the morning, while providing competitive opportunities against other JIGSSA schools in the afternoon sessions. In Year 6, Winter Games becomes a series of weekly fixtures played in Term 2. Students have the choice of the following Summer and Winter Games sports:

#### JIGSSA Summer Games

Year 3 – Cricket, Rugby, Golf, Hockey, Tennis and Volleyball

Year 4 – Cricket, Golf, Hockey, Rugby, Tennis and Volleyball

Year 5 – AFL, Cricket, Tee Ball and Volleyball

Year 6 – AFL, Cricket, Tee Ball and Water Polo

#### JIGSSA Winter Games

Year 3 – Basketball, Gymnastics, Hockey, Netball, Tennis and Volleyball

Year 4 – AFL, Netball and Soccer

Year 5 – Basketball, Hockey, Netball and Soccer

Year 6 – Basketball, Hockey, Netball and Soccer

### Basketball

See page 19 for further information.

### MLC Netball Club

See page 23 for further information.



## Training Squads

### Run Club

Open to all students in Years 3–6, this popular club is offered once per week throughout the year. Venues change but will include both on- and off-site options.

### Swimming Club

This weekly training opportunity in Term 1 aims to introduce students to their first “squad-style” swim training. It is open to all students in Years 4–6 not selected in the MLC JIGSSA team.

### Athletics Club

This weekly training opportunity in Terms 2 and 3 aims to support students in Years 3–6 become more efficient athletes, develop technique, body control and awareness to assist them across all sports and for competition. After the Interhouse Athletics Carnival in Term 3, the focus shifts to developing students selected for the MLC JIGSSA team.

### Floorball Club

Years 2–6 students have a weekly opportunity to play the social sport of floorball in either Term 2 or 3. This session is focused on fun, fitness and friends.

## Additional Opportunities

### Kidz ‘n Sport

Open to students in Pre-Primary–Year 2, Kidz ‘n Sport is a sport and exercise coaching program that begins the teaching of essential skills, while igniting enthusiasm for physical activity. This program runs weekly throughout the year after school. Please note there is a College subsidised fee payable for enrolment in this activity.

### Tennis

Please see page 27 for further information.





MLC

# SENIOR YEARS ACTIVITIES

## (YEARS 7-12)

As a member of the Independent Girls Schools Sports Association WA (IGSSA WA), MLC is part of regular interschool sporting competitions and fixtures that present students with the opportunity to compete in a wide range of sporting activities from Years 7-12.

Further information on the IGSSA program can be found at [igssawa.org.au](http://igssawa.org.au)

### Carnival Sports

- Term 1 – Swimming
- Term 2 – Cross Country
- Term 3 – Athletics

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 held weekly, led by top-quality coaches and is a priority.

### IGSSA WA Team Sports

IGSSA competition in these sports takes place on weekdays after school with training taking place once per week. Due to timing, in Terms 1-3, students are unable to play both team sports listed. The carnival sports run parallel with the team sports and girls regularly compete in both in the same term.

#### Term 1

- Australian Rules Football (AFL)
- Volleyball
- Badminton (Years 11 and 12 only)

#### Term 2

- Hockey
- Netball

#### Term 3

- Basketball
- Soccer

#### Term 4

- Badminton (Years 9 and 10 only)
- Cricket
- Softball
- Tennis
- Water Polo

### Training Times\*

#### Terms 1-3

- Years 7 and 8 – Monday 6.45-8.00am
- Years 9 and 10 – Tuesday 6.45-8.00am
- Years 11 and 12 – Monday 3.30-4.45pm

#### Term 4

- Years 7-9 – Monday 6.45-8.00am
- Years 10-12 – Friday 6.45-8.00am

\*General guide – times are subject to change.



## Fixture Days

- Years 7 and 8 – Wednesday  
(occasionally Monday in case of a clash)
- Years 9–12 – Thursday  
(occasionally Tuesday in case of a clash)

## Fixture Times

- Terms 1 and 4 – 4.00-5.45pm
- Terms 2 and 3 – 4.00-5.15pm

## Rowing

MLC has a strong rowing history with several Collegians representing Australia, including at the Olympic Games.

Students can try rowing at the end of Year 8 before formally commencing in Year 9. The IGSSA season of five regattas takes place during Term 2, however, pre-season starts in Term 4 and runs through most of Term 1 (before the IGSSA season commences in the final two weeks of term).

MLC shares access to the Christ Church Grammar School (CCGS) boatshed for the duration of the IGSSA season. All regattas are held at Champion Lakes Regatta Centre.

Students can participate in rowing as well as other co-curricular activities including carnival, team sports and Club Netball, however, careful consideration should be given to balancing co-curricular commitments. In season, rowers are expected to train a minimum of four times per week including Saturday mornings.

Please note there is an annual levy to participate in the MLC Rowing program. See page 24 for further information.

## Netball Club

Netball plays a significant role in the sporting calendars across much of the MLC Community.

The MLC Netball Club enters teams into the Perth Netball Association (PNA) Year 2 to Open competitions with upward of 30 teams per winter season. All students who sign-up and trial are allocated to a team that plays either on Friday evenings (Years 2–4) or Saturdays (Years 5–12). Years 7 and 8 generally play in year group-based teams, however, from Year 9 students are more likely to integrate across year levels. Teams train one evening per week throughout the season, however, there are additional specialist fitness, shooting and defence training sessions that run weekly. Students in MLC Netball Club teams are expected to play IGSSA Netball in Term 2.

Please note that Club Netball carries an additional fee. See page 23 for further information.





## Other Sports

### School Sport WA (SSWA)

MLC regularly enters teams into SSWA competitions such as but not limited to, tennis, cross country and futsal. These either complement our existing IGSSA programs or provide additional competitive opportunities for enthusiastic students.

We regularly have students who are passionate about sports that we are unable to fully offer through our sporting program. However, we will support entries and assist in organising teams to compete in events such as the following:

- Equestrian – State Interschool Championships
- Golf – IGSSA WA Golf Competition
- Surfing – WA Surfing Titles
- Sailing – WA Team Racing Championships
- Triathlon – SSWA Championships

## Transport

Students can expect to play sport both on- and off-site at both MLC, other IGSSA schools and a variety of community sport venues. Transport is always provided before and after sport. Parents are required to collect their daughters 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, so in the event of late collection, a student will be returned to school with staff on a College bus.

## Communication

Signing up for sport, checking schedules and communicating absences are all accessed through the MLC App's co-curricular tile. Any changes or cancellations to events will also be communicated via the MLC App.

Sporting opportunities are promoted via:

- Daily Bulletin (students)
- Wyvern Newsletter (parents)
- Direct email (students and parents)

Results and ladders can be viewed on the IGSSA WA website at [igssawa.org.au](http://igssawa.org.au)

## Interhouse Carnivals

The Interhouse Competition at MLC is an integral part of the sporting program. It provides all 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. Interhouse Carnivals usually provide the initial data for IGSSA team selection.





# SPORTS AWARDS

MLC awards are presented to students for each IGSSA sport and to those who have upheld and displayed the College Values in that sport.

The recipients are also role models for younger girls and demonstrate outstanding sportsmanship both on and off the field.

## AFL

MLC Trophy for AFL

## All Rounder

Wendy Carr Trophy for Best All Rounder in Sport

Best Year 12 Athlete in 1st Division

Brylthu 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.





## 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 always demonstrate behaviour that is consistent with the College 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% of training sessions. The coach's discretion will be used regarding athletes who train externally for elite competition.
- Attendance at 90% 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% of training sessions. The coach's discretion will be used regarding athletes who train externally for elite competition. Attendance at 90% 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 10–12 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 the IGSSA WA Competition.

This award acknowledges students who have represented the College in 25 or more IGSSA WA teams across any division. Students are required to play at least one sport in Year 12, which is the year when the award will be received.

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.

## 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 (AFL)

AFL 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 in conjunction with the West Australian Football Commission recommendations.

YEAR	7-12
Season	Term 1
Competition	IGSSA WA – predominantly Wednesday and Thursday afternoons
Training	Once a week in the morning or afternoon
Venue	MLC (training) CCGS Playing Fields, St John's Wood (fixtures)
MLC Uniform	Guernsey and shorts (provided – termly loan) Long purple socks and studded boots (purchase)
Cost	Nil

## ATHLETICS

Athletics training is available for everyone in the Junior Years and for those wishing to be selected for the IGSSA Athletics team in Years 7-12. MLC boasts a history of many State and national representatives in athletics.

YEAR	3-6	7-12
Season	Term 2 – Athletics Club Term 3 – MLC Team (Years 4-6)	Term 3
Competition	JIGSSA	IGSSA
Training	Maximum of twice per week after school	4-5 sessions per week before and after school
Venue	MLC	MLC and WA State Athletics Stadium
MLC Uniform	Sports uniform	Athletics singlet and bike pants
Cost	Nil	Nil

## BADMINTON

Badminton was formally introduced to the IGSSA WA competition in 2019. Due to the accessible nature of the sport, we encourage girls who may not regularly compete in IGSSA Sport to take part.

YEAR	9-12
Season	Term 1 – Years 11 and 12 Term 4 – Years 9 and 10
Competition	IGSSA WA – one Friday evening competition 4.00-8.30pm
Training	One morning per week
Venue	MLC
MLC Uniform	IGSSA shirt and skort
Cost	Nil

## BASKETBALL

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

YEAR	3-6	7-12
Season	Term 2 – Development Squad Term 3 – MLC Teams	Term 3
Competition	Term 4 – Perry Lakes Hawks Schools' Competition	IGSSA Years 7 and 8 – Wednesday 4.00-5.15pm Years 9-12 – Thursday 4.00-5.15pm
Training	Once per week before or after school	
Venue	MLC (indoor and outdoor courts)	
MLC Uniform	Sports uniform	MLC numbered singlet (provided – termly loan) and purple shorts
Cost	Competition entry fees (\$70 in 2025)	Nil



## 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 Years 9–12 play together.

YEAR	7–12
Season	Term 4
Competition	IGSSA Year 7/8 – Wednesday 4.00-5.45pm Year 9-11 – Thursday 4.00-4.45pm
Training	One morning per week
Venue	MLC and CCGS Playing Fields (fixtures)
MLC Uniform	Sports uniform and cap
Cost	Nil

## CROSS COUNTRY

The cross country program is ideal for girls who enjoy longer distances (1.5–3km in Junior Years or 3–6km in Senior Years) or who want to keep fit. The IGSSA and JIGSSA Competitions are run on a grass course at Alderbury Reserve.

YEAR	3–6	7–12
Season	Term 2	
Competition	School Sport WA Primary Schools' Championships JIGSSA	School Sport WA Secondary Schools' Championships IGSSA
Training	Twice per week before school	Four sessions offered per week
Venue	MLC and various local off-site routes and venues	
MLC Uniform	Sports uniform	MLC IGSSA singlet and MLC bike pants
Cost	Nil	Nil

# HOCKEY

MLC boasts several State and national representatives in recent years across the students and staff. Students benefit from a high level of expertise among the staff and external coaches.

In 2019 and 2024, hockey players have toured to New Zealand and Fiji.

YEAR	3-4	5-6	7-12
Season	Term 1 – Development Squad Terms 2 and 3 – Minkey Club season	Term 1 – Development Squad	Term 2
Competition	Minkey Club season – Saturday mornings	Year 6 Winter Games fixtures (Term 2)	IGSSA Years 7-10 – weekly fixtures Years 11 and 12 – modified weekly competition after Mid-Term Exeat (MTE)
Training	Once per week		
Venue	MLC	MLC	MLC and various local off-site routes and venues
MLC Uniform	Sports uniform		MLC IGSSA shirt and skort
Cost	Minkey registration costs	Nil	Nil



## NETBALL (IGSSA)

IGSSA Netball is aligned with MLC Club Netball. This means, where possible the teams are mirrored, which avoids re-trialling.

For girls already playing both IGSSA and MLC Club Netball, the only extra commitment picked up is the IGSSA game, as there is no additional training on top of the club session.

Students wishing to play IGSSA Netball only, are welcomed, and will either be placed into an existing club team and invited to train with this team, or additional teams will be formed of IGSSA only girls who will train in the allotted weekly IGSSA time.

YEAR	7-12
Season	Term 2
Competition	IGSSA Years 7-10 – weekly fixtures Years 11 and 12 – modified weekly competition after MTE
Training	One morning per week or MLC Netball Club training session
Venue	Years 7 and 8 – MLC (training) and Perth Netball Association (fixtures) Years 9-12 – MLC and away schools
MLC Uniform	Netball dress
Cost	Nil



# MLC NETBALL CLUB

The MLC Netball Club continues to be a vibrant and thriving part of the College community offering teams from Year 2 to Year 12, as well as Collegian teams. In 2025, 320 girls played for the MLC Netball Club across our 37 teams – so there is a place for every student who wants to represent the College in netball, regardless of experience or ability. MLC compete in the Perth Netball Association (PNA) winter competition and enter social teams into the PNA Spring Netball competition in Term 4, so there are opportunities to play year-round.

In 2024 the club proudly received the Perth Netball Association Club of the Year award, which recognises the huge, continued participation, outstanding sportsmanship and the valued added to the association through player, coach and umpire development. In 2025, 14 MLC players were selected to representative teams, along with four coaches.

The netball club runs a comprehensive program of training that includes:

- Weekly team training sessions
- Strength and conditioning with our qualified coaches
- Extension program for identified players
- Specialist, positional focussed training

There is also a tri-annual tour in netball which has most recently travelled to New Zealand (2024) and Fiji (2019) as well as domestic trips to the east coast.

YEAR	2-6	7-12
Season	Term 1 – Trials and training Terms 2 and 3 – PNA competition Term 4 – Spring Netball	
Competition	PNA Competition Years 2 and 3 – Friday evenings Year 4 – Thursday evenings Years 5 and 6 – Saturdays 8.00 or 9.00am	PNA Competition – Saturdays Years 7 and 8 – 10.00am or 11.30am Years 9-12 game times – 11.30am, 1.00pm, 2.30pm & 4.00pm
Training	Tuesdays 3.30-4.30pm	One evening per week (5.30-7.00pm) Specialist shooting, defence and fitness training also offered.
Venue	MLC and PNA	
MLC Uniform	Netball dress	
Cost	\$420 in 2025	\$465 in 2025



## ROWING

Further information on rowing can be found in the Rowing Handbook in the Parent Portal.

YEAR	8	9-12
Season	Term 4 – Try Rowing	Term 4 – Summer rowing Term 1 – Pre-season Term 2 – IGSSA season
Competition	N/A	IGSSA – Five Saturday morning regattas in Term 2
Training	Three Sunday mornings	Various – in season morning and afternoon water and ergo sessions (four per week minimum)
Venue	Summer and pre-season – Aquinas College Boatshed IGSSA Season – CCGS Boatshed	
MLC Uniform	Sports Uniform	Year 9 – Sports uniform Years 10-12 – Rowing zoot suit
Cost	Nil	\$785 in 2025 (This covers rowing shed hire, IGSSA & Rowing WA levies, coaching, bus hire and breakfast)
Coordinator of Rowing	Marshall Varley mvarley@mlc.wa.edu.au	



## SOCCER

Soccer was introduced to the IGSSA competition in 2013 and continues to grow in popularity. MLC has some excellent club links for girls wishing to extend their participation.

YEAR	7-12
Season	Term 3
Competition	IGSSA – weekly fixtures
Training	Years 7 and 8 – Monday 6.45-8.00am Years 9 and 10 – Tuesday 6.45-8.00am Years 11 and 12 – Monday 3.30-4.45pm
Venue	CCGS Playing Fields, St Johns Wood
MLC Uniform	Sports uniform, studded boots and shin pads
Cost	Nil

## SOFTBALL

MLC has a long history of success in softball and our teams continue to be very competitive. Students will be coached by an experienced team of staff members.

YEAR	7-12
Season	Term 4
Competition	IGSSA Years 7-9 – One-day carnival Years 10-12 – One-day carnival
Training	Years 7-9 – Monday 6.45-8.00am Years 10-12 – Friday 6.45-8.00am
Venue	CCGS Playing Fields, Mount Claremont
MLC Uniform	Sports uniform
Cost	Nil

# SWIMMING

Junior and Senior School competitive swimmers have regular training options across both the 25 metre and 50 metre pools throughout Term 1, as well as several practice meets to record times and be selected into the MLC team. The MLC program acts as an excellent pathway into the Westside Swimming Club who are based at the MLC/CCGS Aquatic Precinct with many girls swimming competitively through the club.

YEAR	4-6	7-12
Season	Terms 1 and 4	
Competition	JIGSSA	IGSSA
Training	Selected Squad – Twice per week in Term 4 and 1 Open development squad – once per week in Term 1	Term 4 – 3 sessions per week Term 1 – 5 sessions per week
Venue	MLC/CCGS Aquatic Precinct	
MLC Uniform	MLC bathers	MLC IGSSA bathers (team only)
Cost	Nil	Nil
Staff member	Chris De Boer <i>Junior Years Sport Coordinator</i> cdeboer@mlc.wa.edu.au	Jane Wilding <i>Coordinator of Swimming</i> jwilding@mlc.wa.edu.au
Westside Swim Club Contact	Donna Rowand <i>MLC Aquatic Specialist</i> drowand@mlc.wa.edu.au	

## ADDITIONAL SWIMMING OPPORTUNITIES

### Learn to Swim – MLC/CCGS Aquatic Precinct

From swimmers aged 3 and up, Kirby Swim offer the best swimming lessons in the Western Suburbs, from the MLC/CCGS Aquatic Precinct.

Their focus is on making swimmers stronger and safer in a fun and engaging environment to get the building blocks of swimming right, for life-long technique and skill. Kirby Swim are passionate about teaching children how to not just swim, but to swim well, for life.

Please visit [kirbyswim.com.au](http://kirbyswim.com.au) for more information or to book small group or private lessons.

### Westside Christ Church MLC Swim Club

Our swim club based in the MLC/CCGS Aquatic Precinct has a range of competitive squads, from the entry level Junior Development Squad through to the elite National Squad. We also offer excellent non-competitive fitness options through our Fast and Fit Squad Programs.

Before being able to register as a member of WCCA, each swimmer will require an assessment and swimming trial with one or more of our coaches. The club is open to swimmers from any school.

Please visit [westside.swimmingclub.org.au](http://westside.swimmingclub.org.au) for more information or contact MLC Aquatic Specialist and Westside coach, Donna Rowand at [drowand@mlc.wa.edu.au](mailto:drowand@mlc.wa.edu.au)

# TENNIS

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

YEAR	1-6	7-12
Season	Terms 1-4	Terms 1 and 4
Competition	SSWA Academy Plate (Years 3-6)	Term 4 - IGSSA (one-day carnival) Term 1 - SSWA Secondary School Championships
Training	One morning per week	One morning per week
Venue	MLC and Dalkeith Tennis Club	
MLC Uniform	Sports uniform	IGSSA shirt, skort and cap/visor
Cost	\$150 per term in 2025	Nil
Coaching Contact	For further tennis opportunities, e.g. club squad or private lessons: Matt Carle Dalkeith Tennis Club matt@tennisexcellence.com.au	

In addition to the Tennis Development Squad, students in Years 1-6 can attend weekly training sessions in Terms 1 and 4 run by our coaching partners, Tennis Excellence, from Dalkeith Tennis Club.

Please note there is a fee payable for enrolment in this activity.



## VOLLEYBALL

Students benefit from the coaching expertise of the staff, numerous Collegians and the coaches from our on-site club Fremantle Fury who we partner with to offer Junior Club opportunities throughout the winter season.

Students can play in the WA Junior Volleyball League on Friday nights as part of an MLC team run through our partner volleyball club, Fremantle Fury. Students will train and play a game one evening per week throughout Term 2 and half of Term 3.

YEAR	4-6	7-12
Season	Term 2	Terms 1-3
Competition	N/A – Development Squad only	Term 1 – IGSSA Terms 2 and 3 – WA Junior Volleyball League (MLC/Fremantle Fury)
Training	One morning per week	IGSSA – Once per week WAJVL – One evening per week
Venue	MLC indoor and outdoor courts	
MLC Uniform	Sports uniform	IGSSA shirt and shorts
Cost	Nil	IGSSA – Nil WAJVL – fee payable



## 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, which is also home to club water polo opportunities for those students looking for further opportunities in the sport.

YEAR	7-12
Season	Term 4
Competition	IGSSA Years 7-9 – weekly fixtures on Tuesdays Game times (maximum of two games per week): 4.15, 4.45, 5.15 & 5.45pm Years 10-12 – One-day carnival
Training	One morning per week
Venue	MLC/CCGS Aquatic Precinct
MLC Uniform	MLC bathers. Cap provided
Cost	Nil



# NOTES



## USEFUL CONTACTS

### DIRECTOR OF SPORT

Mr Jon Smedley  
(08) 9383 8862  
jsmedley@mlc.wa.edu.au

### HEAD OF YEAR 7–12 SPORT

Mrs Leah Parry  
(08) 9383 8865  
lparry@mlc.wa.edu.au

### COORDINATOR OF JUNIOR YEARS SPORT

Mr Chris De Boer  
(08) 9383 8865  
cdeboer@mlc.wa.edu.au

### COORDINATOR OF ROWING

Mr Marshall Varley  
(08) 9383 8864  
mvarley@mlc.wa.edu.au

### COORDINATOR OF MLC NETBALL CLUB

Mrs Gayle Watson-Galbraith  
(08) 9383 8867  
gwatson-galbraith@mlc.wa.edu.au

### MLC NETBALL CLUB COMMUNICATIONS OFFICER

Miss Jane Wilding  
(08) 9383 8865  
mlcnetballclub@mlc.wa.edu.au

### HEAD OF PHYSICAL EDUCATION

(including Interhouse Carnivals)

Mr Paul Birch  
(08) 9383 8863  
pbirch@mlc.wa.edu.au

Per Ardua ad Alta;  
through striving to the heights



METHODIST LADIES' COLLEGE

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