



WELCOME TO KNOX'S NEWEST CRICKET STAFF

Knox would like to welcome it's two members of the Knox Cricket Program, Simon Cusden and Ian Butler.

Simon will be taking on the role of the Director of Cricket, while Ian becomes the new Head Coach of the XI.

Both staff members are excited about starting their new roles and bring a lot of playing and coaching experience to their roles.



This appointment comes at the end of an era with Gavan Twining and Bruce Scheffers stepping down from their roles as 1st and 2nd XI coaches.

In the past seven years, Gavan has brought home the CAS trophy six times, while Bruce coached the 2nds to seven victories.

To read more about our newest cricket staff members, Simon and Ian see below.

FOR FULL ARTICLE SEE HERE

QUOTE OF THE WEEK

Persistence can change failure into extraordinary achievement.

Marv Levy

COMING EVENTS

Friday 19 September

- End of Term 3

Period 7 Sport for year 7 finishes at 3.15pm

See this week's [fixtures](#) on the Portal

CONTACT KSA

General enquiries: 02 9487 0127
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[KSA page on the Portal](#)

SCHOOL HOLIDAY HAPPENINGS

The holiday hours for the Athletic Development Centre (Weights Room)

- Open 7am-11am (week 1 of Holidays) Monday 22nd Sept, Wednesday 24th Sept, Friday 26th Sept
- Open 7am-11am (week 2 of holidays) Monday 29th Sept, Wednesday 1st Oct, Friday 3rd Oct.
- Closed Monday 6th of October (Public Holiday)

The Gym is open and supervised (the dates and times above) is open for all students to continue their training.

School resumes Tuesday 7th October gym is open from 6:30am.

A number of sports camp will also be held over the holiday break including Basketball and Cricket. Please go to the school portal to access all details and booking forms.



WEEKLY SPORT REPORTS

TRACK AND FIELD

On Thursday 11th September in perfect conditions at Sydney Olympic Park Athletic Centre (SOPAC) Knox athletes contested the 2014 CAS Track & Field Championships. Knox athletes challenged the well condition and prepared Trinity and Barker teams with some outstanding individual and team results. The Knox Sports Academy is proud of all 150 athletes who represented on the night, this newsletter would like to personal acknowledge all of their efforts with a special mention for those stand out performances.

Austin Thompson led a determined and motivated U13's age group with a spectacular CAS record in the 800m in a time of 2:10.59sec. Our year 7 athletes relished the experience to compete at one of Australia's premier Track & Field competitions and left the area with a renewed enthusiasm to train and prepare for the 2015 CAS Championships.

The electric quartet of Benjamin Burton, Lewis Clabburn, Benjamin Shariat and Edward Yoong lit up the track with a CAS Record in the U14 4x100m. Lewis Clabburn set the stage with clinical performance in the U14 200m Championship with a new CAS record with a run of 23.63sec. The Knox U14 age group is brimming with talent and their results have sent an ominous message to the other CAS Schools for the future.

Cameron McEntyre lead a U15 squad with a throw of 53.35m in the U15 Discus and a huge 54.74m throw in the U15 Javelin. Nicholas Frost returned from injury to provide strong performances in the U15 Hurdles in a time 14.95sec and a huge throw of 53.52m in the U15 Discus.

James Armstrong was colossal with professional performances in the OPENS Javelin 52.18m, U17 Javelin 50.03m and U16 Javelin 51.57m. Sam Ritchens was at his clinical best with an amazing performance in the U16 400m with a time of 52.01sec. Brandon Kreymborg threw a huge 14.56m in the U16 Shot Put.

Joseph Hilsberg led the U17 age group with a huge 1.85m clearance in the High Jump. Samuel Suleyman and Matthew Fisher put in strong performances in the U17 Long Jump with jumps of 5.98m and 5.93m respectively to further strengthen the point score of our U17 age group. Mathew Fisher then went on the battle the best in Australia with an outstanding performance in the U17 Hurdles in a time of 15.15sec.



Jack McArdle signed off his CAS experience with performances that have set the standard for athletes to emulate in the years to come. Jack left coaches and staff proud with outstanding performances in the 100m, 110m Hurdles, 200m and the 4x100m. The team of 150 athletes set the goal of sending our year 12 athletes out with a CAS Championship, our 2014 results have identified our areas for improvement and have left the entire squad with renewed motivation to achieve the goal in the near future.

Official CAS results can be found on the Knox Track & Field Sports page.

Chris Pittman

MIC Track and Field

BASKETBALL

The Knox Basketball program kicked with a fixture against Oakhill last weekend.

All A teams plus the 1sts/2nds squad faced off against an impressive Oakhill program. This has been an annual event for the past six years.

Our 8A's, 9A's and 2nds were all victorious, with the 10A's and 1sts losing close games.

The remaining players all participated in a trial based scrimmage. Coaches used this session to continue their evaluation of athletes, regularly moving players up and down grades in an attempt to evaluate players as accurately as possible.

This week, the 1sts and 2nds will verse Riverview (Monday at 4pm) and Kings on Wednesday (Wednesday 2nd 5pm 1sts 6.15pm). The Knox Basketball Camp will be September 29th –October 1st (1pm-4pm)

Congratulations to all students who participated over the weekend. Our fixture against Oakhill proved to be very successful and trials also showing a great array of talent with all athletes giving it their all.

DOM FINLAY
MIC BASKETBALL

SURF LIFE SAVING



Surf Life Savers practice their flags races.

Knox SLS kicked off the season with the trial SLS morning to determine this years team.

Although the sea was like a cold bath tub and the weather was overcast and drizzling the boys enjoyed the first day of the season. Knox SLS this year has over 50 boys with the largest contingent of boarders the sport has seen with 10 boarders from all over country NSW and overseas.

The boys started the training session with the ritual run swim run which consists of a 100m run 100m swim and 100 run all on dry sand and changing surf conditions.

The older boys then developed their competition skills and assisted staff in the training of the newer members in the way the club operates and different competitions you can compete and local carnivals. The boys trained in the carrying, cleaning and storage of boards alongside of flags and sprint training.

A great day was had by all the boys and all are looking forward to the upcoming SLS season.

JONO GILES
MIC SNOW SPORTS

COLOURS

Winter Sport and co curricular colours have been finalised and these will be advertised early in term 4 along with the academic colours once they are finalised. Students will be able to hand in their blazers at the end of Term 4, so that they can be embroidered and collected for the start of the 2015 school year. Parents who have students in Year 12 this year and still have to get their winter sports and/or co-curricular colours on blazers can hand their blazer into the clothing pool on Friday 19th at 4pm, and these will be available for collection on Tuesday 7 October.

SQUASH

The past two Saturdays has seen a number of students participate in Squash Trials. All boys arrived at trials full of enthusiasm and energy, keen to impress their coaches.

Great spirit and sportsmanship was shown by all - well done boys!

Trainings will be held 3.30-5pm weekdays next term with the first match on Saturday 11 October.

Have a great holiday, keep safe.

See you next term.

ANNIE GLEASON
MIC SQUASH

CRICKET

Senior School

The first three weeks of cricket training has seen all teams from Year 7 to 1st and 2nd XI's focus on the basic skills of bowling, batting and fielding. With the cricket season less than a month away, drills have been performed that will not only test out the skills levels but also teach the importance of technical understanding. Due to wet weather in the first week, valuable classroom sessions were held, discussing subjects such as how do we continue the good work Gavan Twining did creating a winning culture, why do we play the game of cricket and how do we play the game together.

This was a fantastic opportunity to communicate my expectations as new Director of Cricket that we do the very small things well over and over again. The definition of skill is technique under pressure. In order for us to relax and enjoy playing the game, we must deal with the anxiety that comes from being either poorly prepared, or having a low understanding of the technical aspects to each facet of the game and what is required from students to perform under pressure.

Unfortunately trials were washed out across both schools on Saturday; with conditions not only unsafe but unsuitable to test the talents of the students. With matches around the corner, team selection is going to largely depend on the bowling, batting, catching and ground fielding abilities. We will continue to look at each team during period 7 this week, where we will be in the nets at Gillespie. We also have after school training so there will be ample opportunity to impress.

The 1st XI are playing St Andrew's College from New Zealand on Saturday 27th September at Curagul Field followed by both 1st and 2nd XI travelling out to Northbridge to play Shore on Monday 29th September. Our Year 8A's and 9A's will play The Armidale School at Gillespie on Tuesday 30th September.

The CAS competition starts on Saturday 4th October vs St Aloysius. These teams will be announced by Wednesday 1st October.

Prep School

Over the last six weeks we have seen over a hundred boys come through the Cricket Skills Academy. This course was designed for rapid improvement in the basic skill levels of all those taking part. To improve a skill, you must repeat a simple movement over and over again. This was a potentially difficult outcome to deliver for such young boys. The level of commitment shown by each boy to the simple nature of batting, bowling and fielding has been outstanding. The sheer amount of balls caught, hit and bowled has ensured the huge improvement of each person on the course. To have pure beginners to established players helping each other learn and grow has been very rewarding for not only the boys, but the coaches too.

We have earmarked some incredible talent, stupendous attitude and core values that each boy has brought that convince me that Knox Cricket culture is secured for years to come.

SIMON CUSDEN
DIRECTOR OF CRICKET



Lewis Claburn and Austin Thompson breaks records at CAS Championships

FROM THE HEAD OF KSA

What a busy end of term 3 it has been! Track and Field culminated the in CAS championships held last Thursday with the team putting in many personal bests and a fantastic effort to place third at these championships

With just over 500 students supporting and many parents and the 140s strong team a good night was had by all and they witnessed Knox students break 3 records. Congratulations to Mr Pittman on a job well done with staff and boys and we look forward as he continues to develop the Track and Field team for 2015. With the summer sports season now upon us Knox has its trials last Saturday and unfortunately the wet weather managed to cancel some of these trials. Tennis and Cricket were washed out however the coaches are working hard to ensure all boys are given opportunities either through Period 7 sport or extra sessions and opportunities to trial.

I would like to take this opportunity thank Mr Gavan Twining who has stepped down from the position of Director of Cricket and 1st XI coach. He has done a fantastic job along with Mr Bruce Scheffers who was the Coach of the 2nd XI. Mr twining won 6 out of 7 CAS 1st premierships and the 2nd XI under MR Scheffers won 7 from 7. This is fantastic result for the students in their care and on behalf of the KSA I would like to congratulate them and wish them all the best in their further coaching opportunities

I welcome the appointment of Mr Simon Cusden as the Director of Cricket, K – Year 12 at Knox and also Mr Ian Butler as the 1st XI Coach. Old boy Hamish Smith has been appointed 2nd XI coach and I wish them all the best for the coming Cricket season

A reminder that the At Development Centre is open throughout the holidays and students should check the Bulletin for opening times as take advantage of other opportunities that different sports are providing.

Have a safe and happy holiday.

CHUCK ARDRON
HEAD OF KNOX SPORTS ACADEMY



School spirit on show at the CAS Track and Field Championships on Thursday



Year 9s play trial games in the Lawson Center



Prep Basketballers work hard at trials