



JAMIE FRASER VISITS THE US TENNIS PROGRAMS DURING THE HOLIDAYS

Knox 1sts Tennis player, Jamie Fraser has a busy holiday period, travelling to the U.S to visit a number of Colleges and meeting coaches from various tennis programs.

Jamie had seen and experienced some amazing tennis and learned a lot about the sport, noting the incredibly high standard that the US juniors are at.

The Knox Sports Academy would like to congratulate Jamine on his past tennis success to get his to this fantastic point in his sporting career.

With another week in the U.S before returning to Australia, Jamie will definitely make the most of his remaining time.



QUOTE OF THE WEEK

Sport is a preserver of health.

~Hippocrates

COMING EVENTS

Tuesday 7 October

- Start of Term 1

Saturday 11 October

- Summer Round 1

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

CONTACT KSA

General enquiries: 02 9487 0127

Email: smithl@knox.nsw.edu.au

[KSA page on the Portal](#)

CRICKET CAPS

The first round of CAS matches began on Saturday 4th October v St Aloysius. Congratulations to the following players on receiving their 1st and 2nd XI caps from coaches Ian Butler and Hamish Smith.

A cap is rewarded in a moment but earned in a lifetime of hard work and dedication.

1st XI; James Knox, Hugh Sherwood, Matt Turner, Matthew Beatty, Will Graham Hayden Todoroski and Josh Trewin

2nd XI; Charlie Sennitt, Josh Navratil, Will Petro, Duncan Ballantine, Josh Tighe, Rob Jones, Alex O'Connell, Matt Finfer, Callum Maritz

Congratulations to all of these students.



HOLIDAY REPORTS

TROY ATTENDS COMBINED INDEPENDENT SCHOOLS RUGBY LEAGUE

TROY DARGAN WRITES ABOUT HIS EXPERIENCE AT THE 2014 COMBINED INDEPENDENT SCHOOLS RUGBY LEAGUE TOURNAMENT HELD IN DARWIN.

In the term 2 holidays I was fortunate enough to be able to travel to Darwin for the 2014 Australian Rugby League Schoolboy's Tournament. The tournament was a great experience for not only my football but for the mateships that I will carry for many years to come.

Although we didn't acquire the goals we set for on the football field, I really enjoyed my football which at the end of day matters the most and really doesn't matter of the end result win or lose. I'm sure many of the boys felt the same way and it was a great experience. The games were very challenging from not only our difficult opposition but almost from the warm climate and barely any time to adapt before our first game ahead. Although it was very hard trying to adapt from the normal cold winter weather of Sydney at the time, I found this challenge exciting.

First game we found ourselves up against a tough combined associated states going down 28-16. We didn't get away with the win but was a good first effort by the boys and we took a lot of this first game for our advantage for the following games.

Second game we found ourselves up against a typically difficult QLD team with lots of experience. We come away with a 54-0 defeat, although losing by a marginal amount the boys took a lot out of this game and the type of competition we were up against.

Third game we were up against a tough ACT with a close score line again going down in defeat but a nail biter of a game. The final score was 16-14, although losing the boys put in great effort of the back of continuous penalties and large periods of defensive efforts.

Last game saw us up against CAS once again. Both teams both bashed and bruised from a tough tournament, both teams were really running on true determination and effort. Once again losing 46-22 but the boys showed great effort and finished off the game strong with great attitude.

Overall the tournament was a great experience and I was privileged enough to share these experiences with such great staff and team.

AGM DATES

TUESDAY 14 OCTOBER 7.00PM RUGBY SUPPORTERS AGM – CURAGUL

All parents welcome

WEDNESDAY 15 OCTOBER 7.00PM FOOTBALL SUPPORTERS AGM – CURAGUL

All parents welcome

TENNIS

On the 23-25 September 2014 the Knox Round Robin Tennis Tournament was held at the Knox Prep Tennis Courts. There was a great turnout of players with some new faces which was great to see. The sun was out for our tournament and all the boys were excited and ready to go.

The first day was the usual singles day where the boys were split into different groups of standards. The way the round robin works is that each player plays against every player in their set group. The top 2 players from each group would go through to play in a semifinal match up. We played 1 set in each match tie break at 6-6. This meant the boys got at least 3 sets of tennis, which was great match practice for all the boys. It was safe to say the boys were tired after all their outstanding tennis played on the first day, but still eager to play the next day.

The second day was the famous doubles day. I think some of the boys' favourite! Again the boys were split into different groups and played timed matches. It was done on our handicap system where in some cases you and your partner could start 15-0 up in each game or even start 0-30 in each game depending on you and your partners combined handicap. There was lots of laughter and tactics played by the boys. They all showed some great promise and worked superbly well with great encouragement and teamwork throughout the day.

The last day was the semifinal and finals day for both singles and doubles and also playoff matches. The sun was out for the start of the day with forecast of a storm so the boys were eager to get their matches on. Below were the semifinal matchups and results:

SINGLES SEMI FINAL RESULTS:

Clive Marolt	vs.	Erwin Xu	6-3
Bruce Farquharson	vs.	Avinash Mirando	6-4
Ethan Chan	vs.	Harry Huang	6-0
Andrew Lee	vs.	Hayden Nelson	7-5

SINGLES FINAL RESULTS:

Clive Marolt	vs.	Bruce Farquharson	7-5/4-6 (incomplete)
Ethan Chan	vs.	Andrew Lee	2-6/3-6

DOUBLES FINAL RESULTS:

Avinash Mirando & Aston Bloom	vs.	Anton Luger & Erwin Xu	3-1 (incomplete)
Hayden Nelson & Hugo Stabback	vs.	Mitchell McCassey & Andrew Lee	3-2 (incomplete)

Overall it was a great 3 days and saw some fantastic tennis played by the boys with great sportsmanship. It was a shame the storm couldn't hold off for the last part of the finals though, but all the boys had fun. I am looking forward to the next one.



CRICKET HOLIDAY HAPPENINGS

The school holidays have not only brought on perfect weather but lots of opportunities for our boys to learn and enjoy the game of cricket. We have had trials games for both first and second XI, a visit from the Armidale School who played a mix of our Year 8's and Year 9's, and Cricket Clinics held for both Senior and Prep school. We have also seen the start of CAS round 1 vs St Aloysius.

TOUR MATCH

1st XI vs St Andrew's College New Zealand at Curagul, Saturday 27th September

The first game for our First XI saw touring team, St Andrew's College arrive from New Zealand to play a 50 over match at Curagul. A fantastic pitch and a fast outfield saw St Andrew's win the toss and elect to field. Our bowlers toiled well against an accomplished batting line up limiting them to a respectable total of 201 from the 50 overs. Considering it was our first bowl of the season, everyone bowled good consistent lines and were ably supported by some superb fielding. Left arm quick bowler Will Graham's aggressive and attacking spell in the middle overs was a highlight of the innings.

Our batters spent good periods of time at the crease in reply. Harry Chapman and Matthew Wesley making solid contributions before a collapse left us needing 70 to win with only two wickets in hand. Enter Harry Purcell.

Harry is an exceptional batsman, full of flair and talent. He batted with a lack of fear that will be a feature of our game plans this year in the First XI. Supported by the excellent Hayden Todoroski (on debut) who showed composure and fight to guide us home with two wickets to spare.

TRIAL MATCH

1st XI v Shore at Northbridge, Monday 29th September

Our first trial game was away at Northbridge against Shore. Captain Harry Chapman lost the toss and sent in for a bat on a wicket that was a little two paced to start with but promised to dry out in the 30 degree day that had blessed Sydney. Shore bowled well on a tacky pitch and we lost wickets consistently. With wickets falling around him, Tim Webber showed great mindset and discipline. Leaving well outside off stump and playing straight. Shore's spinners took the pace off the ball and while runs were hard to come by. Tim brought up his fifty before falling trying to up the run rate. Young Will Navratil (year 9) showed superb courage and composure batting with Tim Webber for a decent period of time enabling us to get to 151.

Will Graham was fiery and accurate with the new ball supported well by the metronome Harry Chapman. Shore's batsman playing superbly to only lose one wicket in the opening overs of the game. We had spoken as a group about the importance of staying positive when the opposition created a partnership and today our test came. Shore making it to 1 for 111 before the next breakthrough came. The positive intent and body language shown by every boy in the team, supported by accurate and aggressive bowling meant the new batsmen found scoring tough and we soon had Shore 8 for 145 thanks to another superb spell by Will Graham who finished his 10 overs with 5 wickets.

With only 8 needed from the final two overs. The ball was thrown to year 9 all rounder Fraser Wilson. A tough task for a young man. Cool and calm under pressure, Fraser took two wickets in four balls to win us the game.

A fantastic win.

2ND XI CRICKET TRIAL MATCH AGAINST SHORE

TRIAL MATCH

2nd XI v Shore at Northbridge

On the adjacent field to the first our second eleven played their first match of the season again the Shore 2nd XI. Hayden Todoroski was entrusted with the captaincy and decided to have a bat on a small ground and a good pitch. Harry Purcell fresh from his match winning fifty in the 1st XI and immediately took the game to Shore making a quick fifty before hitting a simple catch to long on with score flying along on 2 for 100.

A small batting collapse saw us reach 166 with Will Petro continuing his good pre season form in training out in the middle making a well compiled 49. Knox making 199.

Shore made a solid effort at chasing the runs but a great bowling effort from Knox meant the game was never in doubt and Shore were bowled out for 138.

Leg spinner Duncan Ballantine finished with 6 wickets

SWIMMING

KNOX BOYS COMPETE AT SWIMMING AUSTRALIA STATE TEAMS COMPETITION

Congratulations to Leon MacAlister (yr 8), William Yang (yr 10) and Vincent Dai (yr 11). All three boys swam exceptionally well in representing NSW against WA, SA, QLD, VIC and a combined NT and TAS team.

The Queenslanders had their first choice team on display, in a show of respect for their challengers. Unbeaten in the first six years of the inter-state competition, the reigning champions were not in Canberra for a holiday.

This competition is split into four groups, 13/14yr girls, 15/16 yr girls, 14/15yr boys and 16/17 yr boys. Similar to CAS, it is a point scoring team event. With Knox Head Coach Steven Goodier coaching the 14/15 yr boys team and John Bladon appointed as the NSW Head Coach, Knox were well represented at the meet.

Our boys were not overawed by the maroons. Will Yang stood up in the first boys event on Friday and won the 14/15 yr boys 50m freestyle (23.05). Leon also made a top 10 with a personal best of 25.07. Vincent followed the youngsters, in the 16/17 yr 50m free with a third place (22.62). Vincent also grabbed third in the 50m fly (25.08).

On session two on Saturday morning, Will and Leon kicked off the proceedings with their 50m back race, both boys swam PB's with Will coming second (26.03) and Leon fourth (26.75). Our two were soon going head to head again in the 100m back. With NSW going one-two Will won in 56.61 and Leon second in 57.06. Vincent swam the 100m fly and came sixth (55.94) and also anchored the 4x100m free relay that came third (49.16). Will lead off the 14/15 yr boys team (52.41) that were victorious by a hefty 3 seconds.

Session three on Saturday afternoon was the 100m freestyle for both Will and Vincent. In a tight race Will came fourth (51.97) in his age group, and Vincent second (49.18) both swims were PB's. Leon had his favoured event, the 200m backstroke and although not his best, came a handy fourth. Finishing off the session was the 14/15 boys 4x100m medley team. Will swam the lead off 100m back (56.69) with the team going on to win and set a new record.

The final session on Sunday culminated with the all age 8x50m free relay. In a very close and exciting race the Victorians won and NSW came third. Will swam a 22.67 and Vincent a blistering 21.52.

Being part of the NSW Team was an honour and a fantasy educational opportunity, that was appreciated by all involved.

BASKETBALL HOLIDAY HAPPENINGS

Over the holidays Knox basketball was in top gear, with camps, clinics, games and tournaments all held here at school.

Knox 1sts and 2nds played and defeated Scots and SCEGGS, as lead in games to the tournament.

Our 1sts 2nds squad has been tracking well. Knox hosted the annual 1sts/2nds tournament (Sydney Schools Shootout). The tournament hosts 42 teams over two days. The SSS has been running for 18 years and is considered the largest of its kind in NSW.

Our 1sts were in a tough pool narrowly losing 2 of its 3 games against Newington (1 point) and Riverview (4 points). They defeated Cranbrook by 25 points. In their final playoff game they defeated a strong St. Augustine's team by 15 points.

Our 2nds started with a tough 1 point loss to High after dominating for most of the game. They went on to defeat St. Josephs and scots. The quarter final match up was difficult having to play the eventual championship winning school (Patrician Brothers Fairfield 1sts).

The prep/senior camp was a success with over 40 students participating in the 3 day camp. The camp was a great lead into the IPSHSA and CAS season.

Director of Basketball

Mr Dom Finlay

HOUSE SPORT

TERM 4
Week 2 Senior Waterpolo Monday - Friday
Week 3 Senior Volleyball Monday - Friday
Week 5 Junior Waterpolo Monday - Friday
Week 6 Junior Volleyball Monday - Friday



KNOX CRICKET 2014

SEASON LAUNCH



All Knox Prep and Senior School Cricket Parents are invited to the Knox Cricket Supporters Season Launch

SILENT
AUCTION
ITEMS

An open Corporate Box at the SCG, accommodating up to 8 guests, to see a One Day International Cricket game:

Australia v South Africa
23 November 2014

Australia v England
18 January 2015

Simon Cusden, the new Director of Cricket, will talk about his vision for the development of Cricket at Knox

Lucky Door Prizes
& the Guessing
Competition Draw

Date: Friday 24 October 2014

Tickets: \$45 per head - includes great food, drinks, lucky door prizes and two fabulous silent auction items

Time: 7 pm

Dress: Casual

Where: The Home of Cricket, Gifford Pavilion, Curagul

Payment: Go to www.knox.nsw.edu.au, click 'Make a Payment' and select 'Other School Activities'. Please select the sub-menu Cricket Season Launch 2014. Please now enter the details requested on the screen. Note, all fields must be completed. Now click 'Next' and pay by credit card (Visa or Mastercard) there is no merchant fee charge. This takes you to a secure payment website hosted by Westpac

RSVP: Friday 17 October 2014



Boys enjoy the holiday gym hours

FROM THE HEAD OF KSA

Welcome back to the start of a new sporting year with the 2014 Year 12 students departing the school and the 2014 Year 11 now considered to be Year 12s, a new chapter is upon us.

Trials have been ongoing since the end of Term 3 and throughout the holiday period, as well as for some sports the first two weeks of this term. Once these trials have completed teams will be selected, captains will be chosen and announced and we will begin this chapter.

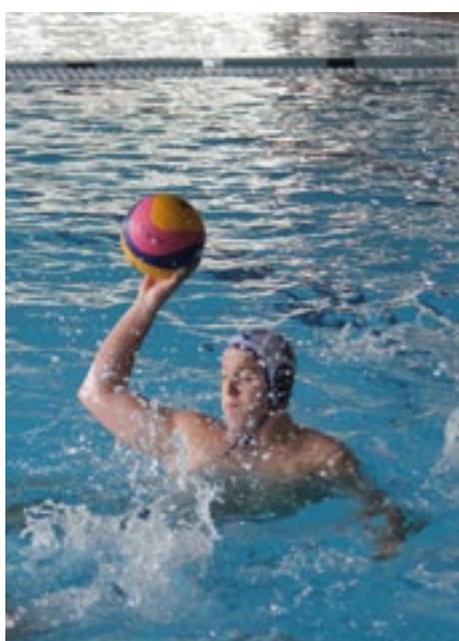
It will be one of consolidation from the results of 2014 but also continuing to look at ways to improve Knox students enjoyment of their sport. This will be done through continued coach education, review and adaption of the coaching programs and structures and enthusiasm from all concerned.

When I spoke to the staff at the end of Term 3, we covered all the required child protection policies and all of the other paperwork required to work at Knox. However, the two most important questions that I spoke to the staff about were the 'how' and the 'why', and that is 'Why do we do it'? And it is a simple answer, that is for the boys. And the 'how' question comes down to "How would you like to be treated if you were in the boys shoes"?

If our coaches follow the answers to these two simple questions at all times, then we should be able to achieve success which is not only measured by results but by enjoyment and skill acquisition.

I look forward to the coming season and the challenges that it will bring, and working with the new sport prefects lead by Tim Webber and all the staff and the boys to make this season a memorable one.

Chuck Ardron
Head of Knox Sports Academy



Waterpolo players ready for another season



Basketballers trained hard over the holiday period



Cricket clinic at Knox during the holidays

FURTHER INFORMATION

WET WEATHER INFORMATION

Ph: 9901 7701

Website: www.knox.nsw.edu.au/sport

Sport fixtures are advertised on the fixture schedule on the School Portal (Scholaris – <http://start.knox.nsw.edu.au>).

These fixtures can change due to many factors and changes after 3pm on Fridays due to wet weather, cancellations or forfeits will be advertised on the sports info and wet weather number.

A new mini website has been created for Prep and Senior School Knox to get the latest information sport wet weather information via their smartphone. Please visit and bookmark

www.knox.nsw.edu.au/sport.

ENQUIRIES TO KSA

TIME: between 8am - 4pm, Monday – Friday

TELEPHONE: 9487 0127



REPRESENTATIVE HONOURS LIST

Knox compiles a representative honours list each year for the following achievements. Students who have been selected and competed for the Combined Associated Schools, the Combined Independent Schools or NSW All Schools teams. Knox also acknowledges students who have been selected and competed in a NSW or state representative team or has been selected and competed in an Australian representative team. Please advise the Sports Office of any selections that occur so that we can acknowledge the fantastic

BOARDER TRAVEL TO SPORT

Any boarder who needs assistance with travel arrangements to each Saturdays sport should check with their coach to assist in arranging transport. Where this has not been successful then students should check with their housemaster to assist with arrangements.

KNOX DOG POLICY

Please note that Knox Grammar School has introduced a policy regarding dogs on our property and that all dogs on Knox property must be restrained on a lead at all times. Owners must also immediately clean up after their dogs.

UNIFORM

Any student attending any Knox sporting fixture and/or venue must be properly attired in either track suit or school uniform.

All full sports articles can also be found on the Knox Portal Senior School > Sport > Sports Articles.