KNOX SPORTS ACADEMY

Great boys growing into great men of integrity, faith, wisdom and compassion by experiencing the value of sport and learning the values of sport

An academy approach to school sport offers

- A wide variety of team and individual sports
- Traditional and non-traditional sports
- Professional coaching at all levels, from participation to elite
- Pathways through to club, state and national representation for all sports
- Philosophy of 'Do your best, be the best'

KNOX GRAMMAR SCHOOL

02 9487 0122 | www.knox.nsw.edu.au | Pacific Highway, Wahroonga, Sydney

Knox Grammar School is a Uniting Church school for day boys K-12 with boarding for up to 150 boys from Years 7-12

KNOX SPORTS ACADEMY

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**AFL**
Boys play for the St Ives AFL Club and links are being developed with the new Greater Western Sydney franchise.

**Basketball**
Knox and Hornsby Ku-ring-gai Basketball Association share facilities. Knox also enters teams in HKBA competitions while AIS and Basketball NSW clinics are often held at Knox.

**Diving**
Talented boys are assisted into the NSW Institute of Sport Diving program.

**Football**
Spaces are allocated to Knox students at the Central Coast Mariners academy program and next year, Knox will be fielding teams in the local KDSA competition in addition to the traditional CAS matches.

**Rifle Shooting**
Knox boys use coaches and facilities at Roseville Rifle Club and Hornsby Rifle Range while the Cadets participate in the Bisley International competition in Surrey, England.

**Rugby**
Knox regularly hosts the ARU’s Gold Program (junior talent ID), fixtures for the ARFSU (schools rugby), Waratah coaching clinics and Junior Tah matches while using fields through Wahroonga Tigers and Gordon Rugby Clubs.

**Swimming**
Knox has partnered with Pymble Ladies College to form the Knox Pymble Swim Club which competes at state and national level.

**Tennis**
Players compete in competitions conducted by Hornsby-Kuring-gai District Tennis Association.

**Track and Field**
Junior athletes compete with Ku-Ring-Gai Little Athletics and for the older boys, we are developing links with local senior clubs.

Enquiries regarding the Knox Sports Academy and what it can provide for your son can be directed to Martin Gooding, Director Marketing and Development on +61 2 9473 9768 or goodingm@knox.nsw.edu.au.

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Community links
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Excellence
Knox supports boys who strive for excellence outside the normal school program. Some examples:

- **2011:** Simon Bold (Y8) – U15 Victorian Archery Champion
- **2011:** Lachlan Mayo (Y9) – Australian Invitation Team USA tour
- **2011:** Michael Rowley (Y11) – NSW U18 Basketball Team
- **2010:** Michael Docker (Y9) – NSW U17 Cycling Team
- **2010:** Tim Duchesne (Y11) – Australian Schoolboy Rugby Union Team
- **2010:** Matthew Tsang (Y10) – Australian Youth Climbing Team
- **2009:** Sam Rowley (Y12) – Australian U19 Basketball and Australian Youth Olympic Teams
- **2009:** Liam Bennett (Y11) – World Laser Radial Youth Sailing Championships
- **2008:** James Rowlinson (Y11) – Junior National Champion Freestyle Whitewater Kayaking

Many Knox students are getting scholarships at USA universities and colleges. Some examples include Golf – Chad Hohnen, Basketball – Sam Rowley and Football – Michael Stern.

What makes Knox Sports Academy different?

- Strong emphasis on values.
- Boys seeking participation and experience through to boys seeking a professional career or to compete at the highest level are coached by the same professional coaches ensuring that you can be the best you can be.
- Integrated and sequential based skill development program for all sports.
- Established pathways and relationships with clubs and professional organisations to allow boys to develop their sport beyond school.
- Knox offers PASS (Sport Science) as an elective course at Stage 5 (Years 9 and 10). This covers enhancing performance and skill development. We also offer 2 unit PDHPE as part of the boys’ senior studies. The 1 unit (Sports, Leisure and Recreation) course is offered to Year 11. The school also has a generous time allocation in the compulsory Years 7–10 PDHPE program.

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Facilities

Knox 1
State of the art field with excellent surface which is also used by Central Coast Mariners FC, Australian Schools Rugby Championships, Australian Rugby Union (Wallaby training).

Grahame Mapp Oval
Based on the SCG profile, is a world class cricket facility and premier football venue also used by Central Coast Mariners.

Gillespie Field
Contains 3 multi-purpose rugby/football fields in winter and 4 cricket wickets in summer.

Prep School
Contains an additional two multi-purpose fields.

Lawson Physical Education Centre
Stage 1 is complete and includes 4 modern classrooms, sports laboratory, double basketball court, gymnasium, a fully equipped weights and rehabilitation area, 4 squash courts.
Stage 2 is due for completion in 2011 and will include a 50 metre swimming pool, 3 full sized basketball courts and an expanded weights and rehabilitation area.

Tennis / Basketball Courts
Numerous outdoor tennis and basketball courts within the school.

Coaches include

<table>
<thead>
<tr>
<th>Sports</th>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>Jane Jamieson</td>
<td>- Commonwealth Games gold medallist, dual Olympian in Heptathlon</td>
</tr>
<tr>
<td>Basketball</td>
<td>Dom Finlay</td>
<td>- NSW U16 Coach, CAS 1sts Coach, former NBL player</td>
</tr>
<tr>
<td>Diving</td>
<td>Rebecca Manuel</td>
<td>(Gilmore) - Olympic bronze medallist</td>
</tr>
<tr>
<td>Football</td>
<td>Jason Van Blerk</td>
<td>- Socceroo, Olympic and World Cup representative</td>
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<tr>
<td></td>
<td>Stephen Roche</td>
<td>is the Master in Charge. He also coaches Mariners W-League team and is the NSWSIS Women's Assistant Coach.</td>
</tr>
<tr>
<td>Rugby</td>
<td>Chuck Ardon</td>
<td>- former NSW Schools 1st XV coach</td>
</tr>
</tbody>
</table>

What Sport for You?
AFL, Basketball, Cricket, Cross Country, Diving, Football, Karate, Lawn Bowls, Mountain Biking, Orienteering, Rugby, Sailing, Shooting, Snow Sports, Squash, Surf LifeSaving, Swimming, Tennis, Track & Field, Volleyball, Water Polo

Which Sport is You?
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