

# SENIOR WEIGHTS & TRAINING (SWAT)

YEAR	TRAINING DAYS	TIME	VENUE
11 & 12	Monday	3:30pm – 4:30pm	Athletic Development Centre
	Wednesday	7:00 – 8am	
	Thursday	3:30 – 4:30pm	
ALL	Saturday	11:00am – 12:00pm	

## UNIFORM

House shirt, Black shorts, white socks and small gym towel compulsory.

## CONTACT

Mr. Oliver Scott  
[scotto@knox.nsw.edu.au](mailto:scotto@knox.nsw.edu.au)  
9487 0479

Mr. Harrison Fotopoulos  
[fotopoulosh@knox.nsw.edu.au](mailto:fotopoulosh@knox.nsw.edu.au)

Mr. Kieran Donohue  
**Director of Outdoor Sports**  
[donohuek@knox.nsw.edu.au](mailto:donohuek@knox.nsw.edu.au)

# SNOW SPORTS

VENUE	THURSDAY	START	FINISH
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**ATHLETIC DEVELOPMENT CENTRE**

**All**

**3:30pm**

**4:30pm**

WET WEATHER	UNIFORM	ABSENCES
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As the program occurs indoors, training will continue in all weather conditions.

**Training-**  
Knox PE Uniform- Full tracksuit and PE Shirt, water bottle.

In the event of illness or unavailability for training/matchday or if you will be arriving late or early for training/matchday, please direct all communication to Director of Combined Sports, Mr. Stuart Newman, who will notify the relevant coaches.

## CONTACT

Mr. Michael Reardon  
**Coordinator – Snow Sports**  
[reardonm@knox.nsw.edu.au](mailto:reardonm@knox.nsw.edu.au)

Ms. Joany Badenhorst  
**Head Coach – Snow Sports**  
[badenhorstj@knox.nsw.edu.au](mailto:badenhorstj@knox.nsw.edu.au)

Mr. Stuart Newman  
**Director of Combined Sports**  
[newmans@knox.nsw.edu.au](mailto:newmans@knox.nsw.edu.au)

**FOR MORE INFORMATION: [CLICK HERE TO ACCESS THE SNOW SPORTS PAGE ON THE KNOX PORTAL](#)**

# SQUASH

TEAM	TRAINING DAYS	TIME	VENUE
OPENS	Tuesday	3:30pm – 5pm	Lawson Centre
	Thursday	3:30pm – 5pm	
YEAR 10	Monday Period 7	2:20pm – 3:15pm	
	Wednesday	3:30pm – 5pm	
YEAR 9	Tuesday Period 7	2:20pm – 3:15pm	
	Thursday	3:30pm – 5pm	
YEAR 8	Monday	3:30pm – 5pm	
	Wednesday Period 7	2:20pm – 3:15pm	
YEAR 7	Monday/Wednesday	3:30pm – 5pm	
	Friday Period 7	2:20pm – 3:15pm	

## UNIFORM

White collared school logo shirt, Knox black shorts, sports shoes & socks. Squash racquet and glasses if you have them.

## TEAM INFORMATION

Boys will meet the Squash Coach in the Lawson Centre when it is their training time by the Squash Courts.

## CONTACT

Mr. Eric Van Arkkels – **Head Coach** [arkkelse@knox.nsw.edu.au](mailto:arkkelse@knox.nsw.edu.au)

Ms. Annie Gleason – **Squad Manager** [gleasona@knox.nsw.edu.au](mailto:gleasona@knox.nsw.edu.au)

Mr. Ben Higgins  
**Director of Racquet Sports** [higginsb@knox.nsw.edu.au](mailto:higginsb@knox.nsw.edu.au)

**FOR MORE INFORMATION: [CLICK HERE TO ACCESS THE SQUASH PAGE ON THE KNOX PORTAL](#)**

# SWIMMING

TEAM	TRAINING DAYS	TIME	VENUE
<b>FITNESS SQUAD TIMETABLE</b>  <i>For competitive squads, please refer to Squad Timetable available in Aquatic Centre</i>	Monday	7 – 8am	<b>Knox Aquatic Centre</b>  <div style="border: 1px solid black; padding: 5px;"> <p><b>Weekly Training requirements:</b></p> <p>Students should attend 1 weekday morning or afternoon training session of their choice.</p> <p>Students should also attend 1 Saturday training session.</p> <p>Students may attend additional training sessions throughout the week should they wish to.</p> </div>
		3:30pm – 4:30pm	
	Tuesday	6 – 7pm	
		3:30 – 4:30pm	
	Wednesday	6 – 7pm	
		7 – 8am	
	Thursday	3:30 – 4:30pm	
		3:30 – 4:30pm	
	Friday	6 – 7pm	
		7 – 8am	
	Saturday	6 – 7pm	
		9 – 10am	
		3 – 4pm	

<b>UNIFORM</b>	Black Speedo-type costume, goggles are compulsory. Remember to leave swim practice in Knox tracksuit or school uniform.	
<b>CONTACT</b>	Mr. Steve Goodier <b>Head Coach – Swimming</b> <a href="mailto:goodiers@knox.nsw.edu.au">goodiers@knox.nsw.edu.au</a>	<b>FOR MORE INFORMATION:</b> <a href="#">CLICK HERE TO ACCESS THE SWIMMING PAGE ON THE KNOX PORTAL</a>
	Mr. Nick Warby <b>Director of Aquatic Sports</b> <a href="mailto:warbyn@knox.nsw.edu.au">warbyn@knox.nsw.edu.au</a>	

## TABLE TENNIS

VENUE	TUESDAY	SATURDAY	START	FINISH
GREAT HALL FOYER	All 3.30pm-5pm	Comp: 9am Non-Comp: 10:30am	School 3:30pm	School 5:00pm

WET WEATHER	UNIFORM	COMPETITION	REQUIREMENTS
N/A	School PE sports uniform & school tracksuit.	Students will be given the opportunity to have competition against other schools who offer table tennis as a Saturday sport. <b>Students must arrive 15 minutes before the start time.</b>	Students will be graded into competition and non-competition teams based on their performances at training.

### CONTACT

Ms. Amy Chen  
**Head Coach – Table Tennis**  
[chena@knox.nsw.edu.au](mailto:chena@knox.nsw.edu.au)

Mr. Ben Higgins  
**Director of Racquet Sports**  
[higginsb@knox.nsw.edu.au](mailto:higginsb@knox.nsw.edu.au)

**FOR MORE INFORMATION: [CLICK HERE TO ACCESS THE TABLE TENNIS PAGE ON THE KNOX PORTAL](#)**

## TARGET SHOOTING

VENUE	THURSDAY	SATURDAY	TRANSPORT	START	FINISH
<b>HORNSBY RIFLE RANGE</b>	All 3.30pm-6pm		Bus	School 3:30pm	School 6:00pm
<b>HORNSBY RIFLE RANGE</b>		All 8:30-12pm	n/a	8:30am	12pm

WET WEATHER	UNIFORM	ABSENCES	REQUIREMENTS
<p><b>Thursday:</b> Meet Lawson Centre Foyer</p> <p><b>Saturday:</b> Wet Weather Line will be updated to advise</p>	Black or Blue Jeans, Knox shooting shirt or sports shirt and shoes, sports cap, mit, ear muffs, water, sunscreen.	Please direct all communication to Mr. Vern Norrgard (details below) in the event of illness, inability to attend training or competition or a need to arrive late/ leave early from a training session or competition.	All boys have to pass the NSW Firearms Safety Course and obtain a NSW Firearms Permit. All their shooting is controlled by two accredited Range Officers, plus on Saturdays an Accredited Buts (target area) Officer.

### CONTACT

Mr. Vern Norrgard  
**Head Coach – Target Shooting**  
[norrgardv@knox.nsw.edu.au](mailto:norrgardv@knox.nsw.edu.au)

Mr. Stuart Newman  
**Director of Combined Sports**  
[newmans@knox.nsw.edu.au](mailto:newmans@knox.nsw.edu.au)

**FOR MORE INFORMATION: [CLICK HERE TO ACCESS THE TARGET SHOOTING PAGE ON THE KNOX PORTAL](#)**

# TENNIS

TEAM	TRAINING DAYS	TIME	VENUE
<b>OPENS (1STS-2NDS)</b>	Tuesday	6:45 – 8am	<b>Knox Senior Courts</b>
	Thursday	6:45 – 8am	
<b>OPENS (3RDS-10THS)</b>	Thursday	3:20 – 5pm	
<b>YEAR 10</b>	Monday	2:20pm (P7) – 5pm	<b>Knox Senior &amp; Turramurra Courts</b>
<b>YEAR 9</b>	Tuesday	2:20pm (P7) – 5pm	
<b>YEAR 8</b>	Wednesday	2:20pm (P7) – 5pm	
<b>YEAR 7</b>	Friday	2:20pm (P7) – 4:45pm	
<b>SELECTION GROUP</b>	Friday	6:50 – 7:50am	<b>Knox Senior Courts</b>

WET WEATHER	UNIFORM	TEAM INFORMATION
When wet weather occurs the boys meet at the usual meeting point where the roll will be taken. The boys will either partake in fitness until 3.15 p.m. or talk through some tennis tactics and plays for the weekend. Boys will also be given the opportunity to phone their parents to let them know on different travel arrangements or pick up times. If wet weather occurs in training the boys will wait undercover for 15 minutes to see if the weather passes. If not they will walk back to the school and be dismissed if it is after 3.15 p.m. as long as they have informed parents of the change to training.	White school logo shorts, collared Knox tennis shirt, sports shoes, Knox cap	Boys will meet the Tennis coach for Period 7 and after school training at the Knox Senior Tennis Courts.  If you would like to be picked up by your parent from training early you will need to get your parent to send an email to the Director of Racquet Sports before training starts.

## CONTACT

Mr. Ben Higgins – *Director of Racquet Sports* [higginsb@knox.nsw.edu.au](mailto:higginsb@knox.nsw.edu.au)

**FOR MORE INFORMATION: [CLICK HERE TO ACCESS THE TENNIS PAGE ON THE KNOX PORTAL](#)**

## TRACK AND FIELD

WHO	VENUE	TUESDAY	THURSDAY
<b>ALL EXCEPT HURDLERS</b>	<b>Gillespie Field</b> <i>Please note:                      The Main Gate on Bangalla Street                      cannot be used before 7am.                      Please access the Field using the                      gate closest to the Bangalla Street                      roundabout before 7am.</i>	<b>6:30 – 8AM</b>	<b>6:30 – 8AM</b>
<b>HURDLERS</b>	<b>Gillespie Field</b> <i>Please note:                      The Main Gate on Bangalla Street                      cannot be used before 7am.                      Please access the Field using the                      gate closest to the Bangalla Street                      roundabout before 7am.</i>	<b>Years 7 – 9</b> <b>6:30 – 8AM</b>	<b>Years 10 – 12</b> <b>6:30 – 8AM</b>
<b>CONTACT</b>			
Mr. Nick Bromley <a href="mailto:bromleyn@knox.nsw.edu.au">bromleyn@knox.nsw.edu.au</a> <b>Head Coach – Track &amp; Field</b>			
Mr. Kieran Donohue <a href="mailto:donohuek@knox.nsw.edu.au">donohuek@knox.nsw.edu.au</a> <b>Director of Outdoor Sports</b>			
<b>FOR MORE INFORMATION: <a href="#">CLICK HERE TO ACCESS THE TRACK &amp; FIELD PAGE ON THE KNOX PORTAL</a></b>			



## VOLLEYBALL

TEAM	TRAINING DAYS	TIME	VENUE
ALL	Monday	3:30 – 5pm	Lawson Centre
	Thursday	3:30 – 5pm	

WET WEATHER	UNIFORM	COMPETITION
Training is always on.	Knox tracksuit, volleyball shirt and shorts, knee pads and shoes. Non 1st members wear sports shirt and Knox crested shorts	V CAS and GPS schools as per fixtures schedule

### CONTACT

Ms. Alexandra Charles  
**Co-ordinator – Volleyball** [charlesa@knox.nsw.edu.au](mailto:charlesa@knox.nsw.edu.au)

Ms. Ellie Manou [manoue@knox.nsw.edu.au](mailto:manoue@knox.nsw.edu.au)  
**Director of Basketball and Volleyball**

**FOR MORE INFORMATION: [CLICK HERE TO ACCESS THE VOLLEYBALL PAGE ON THE KNOX PORTAL](#)**