



St Catherine's School
Sydney

Senior School
Sport



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Sport at St Catherine's

With so many sports to choose from and the opportunity to compete at any level, sport at St Catherine's caters for every student's sporting interests and goals.

Our programs are designed to supplement school studies and foster positive physical and mental wellbeing for a well-rounded student experience.

We encourage all students to participate – regardless of their experience or ability.

Sport is part of the fabric of St Catherine's life and promotes the school's ethos while developing constructive connections and habits for its students. Students who play sport are expected to meet a standard that involves attendance and application at all trainings and matches. Through this expectation, key skills of discipline, team-work and accountability are practised.

School sport can be used as a major pathway towards state and national representation.

While the fun and social aspects are at the forefront of St Catherine's sport, we also encourage students to strive towards success at all levels and provide the support to get them there.

St Catherine's sport offers premium facilities and coaching to assist its athletes through their journey. Whether your daughter wishes to try a new sport, make new friends, or strive towards elite-level representation, there is a team for her at St Catherine's.

Mr Sam Negus

Head of Team Sport



St Catherine's School
Sydney



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Sports by term

St Catherine's students can register to a diverse range of sports and activities across the year. Registrations for each term of sport become available in week 2 of the term prior (Term 1 sport registrations are open towards the end of Term 4 the previous year). Parents and students are reminded about the registration window through the student portal and Daily Digest newsletter. Future commencing students should contact the sports office for any queries and registrations stcathssport@stcaths.nsw.edu.au

Saturday Competitive Sport

Sports played on Saturday involve trials where students are graded into teams of similar ability. Teams train throughout the week either before school (6:45-8am) or after school (3:30-5pm) and compete in a match on Saturday. Training days and times are confirmed closer to the start of the term/season.

Most teams compete in the Independent Girls School Association (IGSA) competition. IGSA is the major body that conducts sporting events for over 30 independent schools throughout Greater Sydney. Other sport-specific organisations include Eastern Suburbs Touch Football, AFL Independent Schools Competition (ISC) and Randwick Netball Association (RNA).

Weekday Sport

St Catherine's competitions (shortened to STC competitions) are generally more social and fun approaches to sport. In teams girls train throughout the week and compete in matches on Wednesday afternoons on campus. Often neighbouring schools are invited to participate. Since matches are held on Wednesdays, students can pair STC Sports with Saturday competition sports.

The following table outlines when each sport/activity is offered. More information about each sport/activity can be found in its respective chapter within this booklet.

	Term 1	Term 2	Term 3	Term 4
Saturday Competitive Sport	Tennis	Basketball	Basketball	Tennis
	Touch football	Football	Football	Touch football
	Water polo	Hockey	Hockey	Water polo
	Softball	Netball	Netball	
	AFL	RNA netball	RNA netball	
Weekday Sport	STC basketball	STC netball	STC badminton	STC volleyball
	Friday fitness	Friday fitness	Friday fitness	Friday fitness
	Golf			Golf
Other Activities	Swimming	Swimming	Swimming	Swimming
	Diving training	Diving training	Athletics training	Diving training
	Cross country training	Cross country training	Rowing/learn to row	Cross country training
	Rowing	Athletics training		Rowing

Carnivals

Certain sports and disciplines do not compete on a weekly basis, but instead train midweek in preparation for their respective carnival events. There are many day-long carnivals on the St Catherine's calendar, each varying in nature and competitiveness.

School Carnivals

School carnivals refer to the St Catherine's inter-house carnivals where students register to compete and earn points for their house competitions. Results assist sports staff in the selection of a squad that compete at their respective IGSA carnival.

Representative Carnivals

Representative carnivals are large spectacles that involve athletes competing from several girls' schools around Greater Sydney. These carnivals represent the culmination of their sport's season and being named in the St Catherine's squad is an achievement that is earned through a strict selection process.

	Term 1	Term 2	Term 3	Term 4
School Carnivals	Swimming	Athletics		
	Cross country			
Representative Carnivals	IGSA swimming and diving	IGSA cross country	NSW all schools cross country	NSW all schools athletics
	IGSA rowing	NSWCIS swimming and diving	IGSA athletics carnival	IGSA gymnastics
	Tildesley tennis (IGSA)	NSW all schools swimming and diving	NSWCIS athletics	
	Head of the river rowing	NSWCIS cross country		
		Snow sports (July school holidays)		



Head of the River 2022

Representative Pathways

Contact: Mr Sam Negus (snegus@stcaths.nsw.edu.au)

School sport can be used as a genuine pathway for state or national representation. Many of St Catherine's most elite sporting alumnae began their sporting journeys with us such as water polo player and two-time Olympian Amy Ridge (class of 2014). Amy jumped into the pool and picked up a water polo ball for the first time in Year 7 at St Catherine's.

Each year, outstanding performers are nominated to attend their sport's respective IGSA representative trials. If picked, students go on to represent IGSA at the Combined Independent Schools (CIS) Championships with a chance to progress to the CIS, NSW and National All School teams. St Catherine's has helped a number of its students progress through this pathway and beyond to reach the heights of their sports.



Old Girls Dani Morrisey (OG2015), Amy Ridge (OG2014) and Ruby Swadling (OG2019) representing the Australian Water Polo Stingers against Japan in 2019.

Elite Athlete Program

Contact: Mr Tadhg Kennelly (tkennelly@stcaths.nsw.edu.au)

In recognition of the challenges of combining elite sport with an academic workload, the Elite Athlete Program (EAP) offers support and guidance for elite athletes working towards achieving sporting and academic success. Students that demonstrate state or national level representation in their chosen sport are eligible to participate in the program. Students may be considered on an individual basis based on their circumstances at the discretion of EAP staff.

The EAP aims to equip students with the skills to balance study and training demands. Sports staff facilitate communication between EAP members and their teachers and year mentors in order to arrange special study arrangements such as modifications to due dates, amended study programs and extra support.

Students who meet the criteria of the EAP also gain access to a range of support networks including access to the school gym and strength and conditioning coach, time management workshops, mentoring and leadership seminars and nutritional and psychological education.



Saturday Competitive Sports

AFL

When:	Term 1 (ISC competition)
Matches:	Saturday afternoons (between 1pm-4pm)
Trainings:	1-2 per week at Queens Park
Cost:	\$150 per term
Contact:	Mr Tadhg Kennelly (tkennelly@stcaths.nsw.edu.au)

AFL is the newest team sport at St Catherine's, and one of our fastest growing. AFL is offered in Term 1 at junior (Year 7), intermediate (Years 8–9) and senior (Years 10–12) age groups. St Catherine's competes in the AFL Sydney Independent Schools' Competition (ISC) against other Sydney independent schools like Pymble, Wenona and PLC Sydney. AFL is a contact sport, but players are educated on correct technique. Teams compete on size-adjusted fields with fully qualified umpires to ensure player safety. We are fortunate to have a wealth of experience in our management staff, Mr Tadhg Kennelly, former player and assistant coach of the Sydney Swans is Head of AFL at St Catherine's.



Saturday Competitive Sports

Basketball

When: Term 1 (midweek competition), Term 2 and 3 (IGSA competition)
Matches: Wednesday afternoons (Term 1); Saturday mornings (Term 2 and Term 3)
Trainings: 1-2 per week on campus
Cost: \$150 per term
Contact: Mr Sam Negus (snegus@stcaths.nsw.edu.au)

Basketball at St Catherine's is played across three terms and utilises our excellent indoor and outdoor court facilities. In Term 1, St Catherine's hosts its annual STC basketball competition where neighbouring schools are invited to compete every Wednesday afternoon.

Please refer to the STC competitions page for more information.

In Terms 2 and 3, St Catherine's takes part in the IGSA competition played on Saturday mornings at venues around Sydney. This competition is slightly more competitive, and students compete in Year 7, junior and senior divisions. All teams train at least once a week.



Saturday Competitive Sports

Football

When:	Term 2 and Term 3 (IGSA competition)
Matches:	Saturday mornings (between 8am-12pm)
Trainings:	1-2 per week at Queens Park
Cost:	\$150 per term
Contact:	Mr Sam Negus (snegus@stcaths.nsw.edu.au)

Football (soccer) is a Winter sport played throughout Term 2 and Term 3 against other IGSA schools. Matches consist of two 25-minute halves and teams each field 11 players plus substitutes. Our coaches have a wealth of experience at schoolgirl and club levels. Students train midweek at Queens Park before or after school in preparation for Saturday morning matches.



Saturday Competitive Sports

Hockey

When:	Term 2 and Term 3 (IGSA competition)
Matches:	Saturday morning (between 8am-12pm)
Trainings:	1 per week at David Phillips Synthetic, Daveyville
Cost:	\$150 per term
Contact:	Mr Sam Negus (snegus@stcaths.nsw.edu.au)

Hockey is offered in Term 2 and Term 3 in the IGSA competition. Students wear shin pads and mouthguards and are coached in proper technique and match rules to ensure player safety. Students are transported to training once a week at the outstanding David Phillips sports facility in Daceyville. Matches consist of two 25-minute halves and predominantly play on turf fields.



Saturday Competitive Sports

Netball

Netball is a very popular sport at St Catherine's, attracting large numbers of players of all abilities and experience levels. There are three competitions that St Catherine's competes in during the year, plus a netball academy that runs in Terms 1, 2 and 3. It is possible to play all three competitions throughout the year; however, they vary greatly in terms of competitiveness. Please consider which options are most appropriate for your daughter

RNA Netball

Term: Term 2 and Term 3
Matches: Saturday (between 8am-4:30pm) at Heffron Park, Maroubra
Trainings: 1-2 per week on campus or Heffron Park, Maroubra
Cost: \$420 for three terms
Contact: Ms Abby Moar (amoar@stcaths.nsw.edu.au)

St Catherine's competes as an independent club in the Randwick Netball Association (RNA) competition at Heffron Park, Maroubra. Students from Years 3-12 are graded into teams based on the year they were born, their ability and previous commitment to netball. Club netball has its own preseason training commencing in Term 1 and the competition runs from April to September. The RNA competition suits students who wish to improve their netball and experience competitive club netball.



Saturday Competitive Sports

IGSA Netball

Term:	Term 3
Matches:	Saturday mornings (between 8am-12pm)
Trainings:	1-2 per week on campus and Heffron Park, Maroubra (Term 1 – Term 3)
Cost:	\$150 per term
Contact:	Ms Abby Moar (amoar@stcaths.nsw.edu.au)

St Catherine's enters the top team from each age group (Year 7, Years 8-9 and Years 10-12) into the IGSA competition. All students are welcome to trial for this team, however candidates must attend academy sessions held on Monday afternoons and other scheduled sessions during the year. The IGSA Academy will train Terms 1, 2 and 3 with the top 9 students being selected into a team. IGSA netball is highly competitive and is reserved for those students playing at the top of their age group.



STC Netball

STC netball in Term 2 is hosted by St Catherine's on campus. Teams from neighbouring schools are invited to compete each Wednesday afternoon of the term. Please refer to the STC competitions page for more information.

STC netball is typically more fun and social than RNA and IGSA netball and is a great chance to play with friends against teams of similar ability.

Saturday Competitive Sports

Tennis

When:	Term 1 and Term 4 (IGSA competition)
Matches:	Saturday mornings (between 8am-12am)
Carnivals:	Tildesley Tennis (Term 1), Australian School Championships (Term 4)
Trainings:	Multiple per week on campus or Eastcourts Tennis, Kingsford
Cost:	\$150 per term
Contact:	Mr Michael Rizk (mrizk@stcaths.nsw.edu.au)

Tennis is one of the oldest sports at St Catherine's, enjoyed by students of all ages and abilities. As well as our competitive teams, tennis is featured in the PDHPE curriculum and offered as private lessons through the Beyond the Curriculum (BTC) department. Our Head of Tennis, Mr Michael Rizk, runs our tennis program which spans Kindergarten to Year 12.

Our tennis teams train year-round, but in Term 1 and Term 4, St Catherine's enters the Saturday morning IGSA tennis competition. Tennis teams consist of 4 – 6 players who rotate through singles and doubles matches against teams from other schools.

In Term 1, IGSA holds the Tildesley Tennis Shield competition – IGSA's longest running carnival. The Tildesley Tennis competition runs for two days with a combination of singles and doubles matches culminating in a finale. The Shield is awarded to the school with the best average score throughout the tournament. St Catherine's has taken out the Tildesley Singles Cup multiple times with our most recent winner being Catherine Aulia (class of 2021).

St Catherine's tennis offers opportunities such as interstate and international tours which are invaluable experiences in a young athlete's journey. The program has supported several students in reaching Australian junior teams, Junior World Cups and securing positions into US collegiate tennis teams.



Saturday Competitive Sports

Touch Football

When:	Term 1 and Term 4 (eastern suburbs touch football competition)
Matches:	Saturday mornings (between 7:30am-12pm)
Trainings:	1-2 per week at Queens Park
Cost:	\$150 per term
Contact:	Mr Sam Negus (snegus@stcaths.nsw.edu.au)

Touch Football is a popular pick-up-and-play sport that attracts great numbers at St Catherine's. Trainings are held throughout the week at Queens Park and students are expected to attend at least one per week. Students compete in the eastern suburbs touch football competition against other local schools at Queens Park and Centennial Park each Saturday morning of Term 1 and Term 4.



Saturday Competitive Sports

Water Polo

When:	Term 1 and Term 4 (IGSA competition)
Matches:	Saturday mornings (between 8am-12am)
Trainings:	Multiple per week on campus (Aquatic Centre)
Cost:	\$150 per term
Contact:	Mr Richie Campbell (rcampbell@stcaths.nsw.edu.au)

Water Polo is one of St Catherine's most successful programs – consistently competing for the top Junior and Senior division titles while maintaining strong numbers in lower, more social divisions.

St Catherine's water polo coaches are qualified with state, national and Olympic-level experience in playing and coaching which is critical to the growth of our young players. St Catherine's maintains strong relationships with local club and university water polo teams. Our water polo players are encouraged to supplement their school training with club competition to increase their experience and enhance their development. Club water polo exposes players to metropolitan, state and national tournaments.

St Catherine's water polo has strong international connections that enable overseas tours such as the 2019 tour of California, USA. Our top senior team gained first-hand experience of the elite college sport system of USA as they trained alongside top colleges such as the University of Southern California. Many St Catherine's alumnae have used the USA collegiate system as a post-school pathway in their water polo careers, so this early exposure is invaluable to a young athlete. St Catherine's water polo is built on a magnitude of experience: our Head of Aquatics Mr Richie Campbell represented Australia at four Olympic Games and our Director of Sport and BTC Mr Andrew Yanitsas is the current assistant coach of the Australian men's national team. With the completion of our state-of-the-art Aquatic Centre, water polo at St Catherine's will be elevated to a new level.



Weekday Sports

St Catherine's Competitions

St Catherine's competitions (shortened to STC competitions) are hosted by St Catherine's on campus and matches are held each Wednesday afternoon throughout the term.

STC competitions take a more social approach to team sport and give participants an opportunity to make new friends and play against other teams of similar ability.

Since matches are played on Wednesday afternoons, students may play STC sports as well as their chosen Saturday sport. STC sport is a fantastic way to engage in team sports in a fun, social manner.

Basketball and Netball

- When:** Term 1 (basketball), Term 2 (netball)
Matches: Wednesday afternoons on campus (4pm-8.30pm)
Trainings: 1-2 per week on campus
Cost: \$150 per term
Contact: Mr Sam Negus (snegus@stcaths.nsw.edu.au)

STC basketball (Term 1) and STC netball (Term 2) are more structured tournaments for Year 7, Junior and Senior divisions. Teams from neighbouring schools are invited to take part.

Students are also expected to attend an additional training session at least once a week with their respective teams.

Badminton and Volleyball

- When:** Term 3 (badminton), Term 4 (volleyball)
Matches: Wednesday afternoons on campus (4pm-6.30pm)
Cost: \$80 per term
Contact: Mr Sam Negus (snegus@stcaths.nsw.edu.au)

STC badminton (Term 3) and STC volleyball (Term 4) are social competitions held on campus. Students organise themselves into teams and a competition draw is followed, culminating in a grand-final for junior (Year 7-9) and Senior (Year 10-12) divisions. There are no formal training sessions for these sports.

Badminton and volleyball are covered in practical aspects of students' PDHPE classes.



Weekday Sports

Friday Fitness

When:	Year-round
Trainings:	Friday mornings
Cost:	\$75 per term
Contact:	Mr Tadhg Kennelly (tkennelly@stcaths.nsw.edu.au)

Friday fitness has become a staple to St Catherine's sport after it was established during COVID in the absence of organised team sport. Friday fitness is held on campus each Friday morning of term and is open to all senior school students. Each session may consist of body weight and core exercises, boxing, cardio or pilates. Friday fitness is not just great for participant's health, but it is designed to be fun and for girls to come along with their friends. Students may sign up for Friday fitness as a stand-alone activity or use the session to complement their existing sporting commitments and further their training.



Weekday Sports

Golf

When:	Term 1 and Term 4
Trainings:	1 session per week at Bonnie Doon Golf Course (Term 1 and Term 4)
Cost:	\$100 per term
Contact:	Mr Sam Negus (snegus@stcaths.nsw.edu.au)

St Catherine's golf program teed off in 2021, led by PGA legend and female golf advocate, Dennise Hutton. Throughout Term 1 and Term 4, a small group of golfers are transported to Bonnie Doon golf course for lessons in technique and biomechanics on the driving range and putting green. It is one of the few activities open to junior school and senior school students. We invite students of any ability, but spots are very limited due to the intimate nature of the sessions.



Representative Sports

Athletics

When:	Term 2 and Term 3
Carnivals:	Senior School Athletics Carnival (Term 2), IGSA Athletics Carnival (Term 3)
Trainings:	1-2 per week at E.S. Marks Field, Kensington
Cost:	\$100 per term
Contact:	Mr Tadhg Kennelly (tkennelly@stcaths.nsw.edu.au)

Athletics training is held throughout Term 2 and Term 3 at E.S. Marks Athletics Field, Kensington. Students are transported to and from the track where they train in their track and field events in preparation for the senior school athletics carnival in Term 2. Using results obtained from training and the Senior School athletics carnival, a squad is selected to represent St Catherine's at the IGSA athletics carnival in Term 3. The IGSA athletics carnival is a genuine representative pathway and exposes students to some of the best schoolgirl athletes in the state.



Representative Sports

Cross Country

When:	Term 1, Term 2 and Term 4
Carnivals:	Senior School Cross Country Carnival (Term 1), IGSA Cross Country Carnival (Term 2)
Trainings:	1-2 per week at Queens Park
Cost:	\$100 per term
Contact:	Mr Tadhg Kennelly (tkennelly@stcaths.nsw.edu.au)

Cross country training commences in Term 1 and continues throughout Term 2. Training sessions run at Queens Park during the week and are open to both junior school and senior school students from Years 2-12. Like athletics, students train in preparation for the senior school cross country carnival in Term 1. Following this, a squad is selected to continue to train leading up to the IGSA cross country carnival held at Frensham School, Mittagong, in Term 2 each year.



Representative Sports

Gymnastics

When:	Year-round
Carnival:	IGSA Gymnastics (Term 4)
Trainings:	Artistic Gymnastics – Tuesday, Wednesday and Friday afternoons Rhythmic Gymnastics – Tuesday, Thursday and Friday afternoons
Contact:	BTC office (btc@stcaths.nsw.edu.au)

St Catherine's offers both artistic and rhythmic gymnastics through the Beyond the Curriculum (BTC) department. Artistic gymnastics is performed on various apparatus including the vault, uneven bars, beam and floor. BTC provides competitive classes following the Gymnastics NSW pathway. Classes focus on set skills performed on the vault, uneven bars, beam and floor.

Rhythmic gymnastics is a fantastic blend of gymnastics, dance, acrobatics and music using handheld equipment – rope, hoop, ball, clubs and ribbon. BTC provides competitive classes following the Gymnastics NSW pathway. Classes focus on performing routines to music with handheld equipment. Students can compete as individuals or multiples where routines are performed in trios or groups of four. Multiples is a great way to develop the skills to work collaboratively as a member of a team in a creative performance environment. St Catherine's competes at the annual IGSA gymnastics carnival in Term 4.

Due to IGSA regulations, students must be currently training at level 3 or above with our BTC gymnastics program or an affiliated gymnastics club to be selected.

As well as representing St Catherine's at the IGSA carnival, gymnasts will have the opportunity to be selected for club, regional, state and national representation.



Representative Sports

Rowing

When:	Term 1, Term 3 and Term 4
Carnivals:	Rowing Regatta (IGSA Term 1), Head of the River (Term 1)
Trainings:	Multiple during the week on campus (cardio room) and UTS Rowing Club
Cost:	Costs vary - please contact Head of Rowing for options
Contact:	Mr Rich Coakley (rcoakley@stcaths.nsw.edu.au)

St Catherine's launched its rowing program in 2011 and it is still one of the most consistently growing sports at the school. Rowing is open to students from Year 6 – Year 12, and those of all ability and experience are invited to join. Our rowing program demands commitment from its participants, but students find it very rewarding and love the strong bonds they create with their crewmates.

Each rowing season begins in Term 3 and continues into Term 1 of the following year. Introductory sessions are offered for all Year 6 (Term 4) and Year 7 (Term 1) students. St Catherine's competes at a number of regattas and carnivals across the year with the biggest being IGSA rowing and NSW Head of the River. St Catherine's rowing had an excellent 2022 season with our biggest and most successful rowing team. St Catherine's achieved its greatest ever IGSA and Head of the River Schools point score, finishing 4th overall in both and our under-17 8 team was crowned national champions.

Our Head of Rowing, Mr Rich Coakley, represented Ireland at the 2008 Beijing Olympics in the men's lightweight coxless four event. He invites any queries about St Catherine's rowing.



Representative Sports

Swimming

When:	Year-round
Carnivals:	Senior School Swimming Carnival (Term 1), IGSA Swimming and Diving Carnival (Term 2)
Trainings:	Various midweek on campus (Aquatic Centre)
Cost:	Costs vary - please contact the Aquatics Office for options
Contact:	Aquatics office (aquatics@stcaths.nsw.edu.au)

Swimming at St Catherine's has a rich history with the Barry Rodgers swim school; named after our late and beloved head coach. With the development of the indoor aquatic centre, St Catherine's Aquatics caters for swimmers of all abilities to reach their individual goals. Whether that is to learn to swim, swim for fun and fitness, or compete at a high level, there is a program for everyone. Aquatic activities will also be incorporated into PDHPE curriculum and swim squads will run year-round.

Daily squad trainings are available for students who wish to stay swim-fit or compete for the school in monthly in-house time trials and club evenings. A swim team is selected to represent St Catherine's at the IGSA swimming and diving carnival in Term 1 where exceptional results expose swimmers to CIS and NSW All Schools levels.

The school is excited to launch the St Catherine's Aquatics Swimming Club – an officially licensed swimming club based at our new aquatic centre that competes under the banner of the school.

The Club offers a chance for students to begin their competing career or for those who are already competing.



Representative Sports

Diving

When:	Term 1, Term 2 and Term 4
Carnivals:	IGSA Swimming and Diving Carnival (Term 2)
Trainings:	Multiple midweek on campus (Aquatic Centre)
Cost:	\$100 per term
Contact:	Aquatics office (aquatics@stcaths.nsw.edu.au)

St Catherine's diving is open to students from Year 3 to Year 12. All students are welcome to attend, but since diving is a very technical and skill-oriented sport, those interested in attending would be best equipped with prior experience in gymnastics or diving. The St Catherine's aquatic centre is fitted with two competition standard 1-metre diving boards. Students are required to perform certain skill sets plus be able to dive from a 1-metre and 3-metre dive board. A St Catherine's team is chosen prior to the IGSA Swimming and Diving Carnival. Tokyo Olympian diver Sam Fricker is the head coach of St Catherine's diving and has been instrumental in the development of the program.



Other Sports

Equestrian, Snow Sports, Surfing, etc.

Snow sports contact: Mr Rich Coakley (rcoakley@stcaths.nsw.edu.au)

Other sports contact: Mr Sam Negus (snegus@stcaths.nsw.edu.au)

St Catherine's enters certain stand-alone schoolgirl carnivals and competitions throughout the year. There is no formal training for these competitions and students are expected to have a certain level of experience before enquiring. Information and dates regarding upcoming carnivals are communicated to students and guardians leading up to the event and the school's entry relies on the interest of students to compete. Such carnivals include the Sydney School Regional Surfing Titles and the Interschool Ski and Snowboarding Championships. Please contact Mr Rich Coakley (rcoakley@stcaths.nsw.edu.au) for any snow sport queries.

While St Catherine's does not offer specialised sports such as equestrian or BMX, we are dedicated to supporting students' endeavours in these activities. We facilitate entries into the equestrian State Interschool Championships for girls who use their own horses and are members of a local Pony Club. Students who wish to compete at these schoolgirl carnivals are encouraged to get in touch with the sports department who can facilitate and support the process.



Interschool show jumping competition, 2021

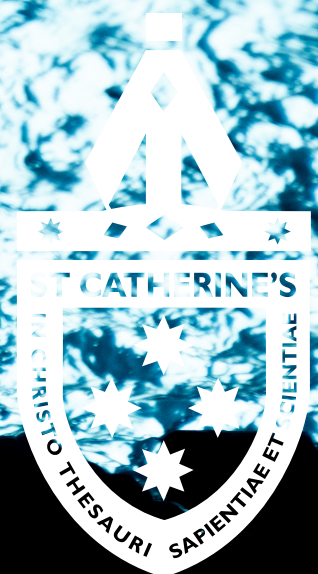
Sports uniforms

Contact: Uniform shop (uniformshop@stcaths.nsw.edu.au)

St Catherine's students take pride in their uniform, and this extends to the sports field. Uniforms may vary slightly between sports, however items such as the multipurpose sports singlet are used for numerous sports across the year. The school uniform price lists can be viewed and purchases can be made through Flexischools or by visiting the uniform shop on campus.

	Top	Bottoms	Socks	Equipment
All Sports	Tracksuit jacket	Tracksuit pant		
AFL	Sports singlet	PE shorts	Football socks	Mouthguard Studded boots
Athletics	Athletics crop top Athletics singlet	Athletics shorts PE shorts	Navy socks	
Badminton	PE polo shirt	PE shorts	Navy socks	
Basketball (IGSA)	Sports singlet	PE shorts	Navy socks	
Basketball (STC)	Sports singlet PE polo shirt	PE shorts	Navy socks	
Cross country	PE polo shirt	PE shorts	Navy socks	
Diving	School swimsuit			
Football	School football jersey	PE shorts	Navy socks	Shin pads Studded boots
Friday fitness	PE polo shirt	PE shorts	Navy socks	
Golf	PE polo shirt	PE shorts	Navy socks	
Hockey	Sports singlet	PE shorts	Football socks	Mouthguard Shin pads Hockey stick
Netball (IGSA)	Netball dress		Navy socks	
Netball (RNA)	RNA Netball dress		Navy socks	
Netball (STC)	Sports singlet PE polo shirt	PE shorts	Navy socks	
Rowing	School rowing suit Rowing long sleeve			Rowing cap
Swimming	School swimsuit			
Tennis	PE polo shirt Tildesley shirt	Sport skort PE shorts	Navy socks	Tennis racquet
Touch football	Sports singlet	PE shorts	Navy socks	Studded boots
Water Polo	Water polo swimsuit			
Volleyball	PE polo shirt	PE shorts	Navy socks	





SYDNEY



St Catherine's School
Sydney

**Find your
own great.**