



GENAZZANO  
FCJ COLLEGE

Discover  
Sport

Ready to take  
on tomorrow.

# Our sport programs.

Genazzano FCJ College enjoys a range of sporting facilities. The generous grounds provide a large oval, newly renovated indoor heated six lane 25m pool, indoor basketball court, seven tennis courts, three netball courts and our new Physical Performance Centre (PPC).

A genuine trendsetter amongst girls schools in Australia, this PPC will be home to our fitness and conditioning programs. The PPC features over 600sqm of training space, with a dedicated spin room, lifting zone, cardio zone, performance space and PE prac classroom that will host our low intensity fitness programs such as pilates.

Sport is a vital aspect of the Co-curricular Program at Genazzano FCJ College. With over 30 sport and fitness programs, students are offered an incredible variety of opportunities to improve skills and fitness, or learn invaluable lessons taught by participation in physical activity.

In line with the College Mission Statement, Genazzano Sport embraces the talents, potential and dignity of each student through the provision of recreational, participation and performance sporting programs.

**Sporting outcomes are only one measure of our improvement in these programs as we also develop:**

- Competence
- Confidence
- Compassion
- Character
- Creativity

## Pathway sports

These sports require student investment beyond just one term from beginner or development level right through to the aspirational level of state or national representation. With the highest quality of staffing and coaches and the competition and camp opportunities provided, these sports offer confidence to parents that the school pathway offers the best available sporting opportunities for their girls.

## Program sports

The popularity of these sports, combined with the available school facilities, sees the College invest in the best available coaching resources and offer extended training and competition opportunities.

## Participation sports

Every girl in these sports is given the opportunity to develop skills, improve personal performance and contribute to a team result through a single term competition program.

## Recognition sports

The College supports participation in these school competitions and provides encouragement and recognition of girls performances.

## Recreational sports

With a fitness focus, these activities encourage girls to remain physically active and understand the importance of a healthy body for a healthy mind. These sessions also provide athletic development opportunities for girls with aspirational sporting goals.

## Umpiring

Whilst providing valuable skills such as conflict resolution, leadership and teamwork, our umpiring programs provide official accreditation and also paid work opportunities.

## Coaching

From digital certificates, microcredentials and online qualifications, our coach development pathways offer students the opportunity to develop their communication, time management and leadership skills as they mentor younger teams. From volunteering and placement opportunities, our program creates employment ready coaches in their senior years.





## Sport at Genazzano.

Students can participate in the following sports:

### Prep - Year 4























- |                          |                             |                          |
|--------------------------|-----------------------------|--------------------------|
| ▪ Basketball (Year 4)    | ▪ Run Group                 | ▪ Swimming               |
| ▪ Cross Country (Year 4) | ▪ Saturday Netball (Year 4) | ▪ Tennis Lessons         |
| ▪ Dance                  | ▪ Snowsports                | ▪ Track & Field (Year 4) |

### Years 5 and 6

- |                       |                    |                      |
|-----------------------|--------------------|----------------------|
| ▪ Australian Football | ▪ Run Group        | ▪ Tennis Lessons     |
| ▪ Basketball          | ▪ Saturday Netball | ▪ Track & Field      |
| ▪ Cross Country       | ▪ Snowsports       | ▪ Triathlon (Year 6) |
| ▪ Gymnastics          | ▪ Soccer           | ▪ Water Polo         |
| ▪ Netball             | ▪ Swimming         |                      |

### Years 7 to 12

- |                       |                          |                  |
|-----------------------|--------------------------|------------------|
| ▪ Australian Football | ▪ Hockey                 | ▪ Snowsports     |
| ▪ Basketball          | ▪ Indoor Cricket         | ▪ Swimming       |
| ▪ Badminton           | ▪ Lacrosse               | ▪ Tennis         |
| ▪ Cricket             | ▪ Netball                | ▪ Tennis Lessons |
| ▪ Cross Country       | ▪ Netball Umpiring       | ▪ Track & Field  |
| ▪ Cycling             | ▪ Rowing (Years 8 to 12) | ▪ Triathlon      |
| ▪ Diving              | ▪ Run Group              | ▪ Volleyball     |
| ▪ Fitness             | ▪ Saturday Netball       | ▪ Water Polo     |
| ▪ Golf                | ▪ Soccer                 |                  |
| ▪ Gymnastics          | ▪ Softball               |                  |

|                             |   | YEAR LEVELS      |                 |                 |                |                | COMPETITIONS |                                |      |       |          |           |  |
|-----------------------------|---|------------------|-----------------|-----------------|----------------|----------------|--------------|--------------------------------|------|-------|----------|-----------|--|
|                             |   | Years<br>11 & 12 | Years<br>9 & 10 | Years<br>7 & 8  | Years<br>5 & 6 | Years<br>3 & 4 | GSV          | SSV                            | SCSA | State | National | House     |  |
| Pathway sports              |   |                  |                 |                 |                |                |              |                                |      |       |          |           |  |
| Athletics - Cross Country   |    | ●                | ●               | ●               | ●              | ●              | T2           | T2                             |      | T2    | T3       | T2        |  |
| Athletics - Track and Field |    | ●                | ●               | ●               | ●              | ●              | T3           | T3                             |      | T3    | T4       | T2        |  |
| Saturday Netball            |    | ●                | ●               | ●               | ●              | Year 4         |              | Boroondara Netball Association |      |       |          |           |  |
| Netball                     |    | ●                | ●               | ●               | ●              | Year 4         | T2           | T2                             |      | T2&3  |          | TBC       |  |
| Rowing                      |    | ●                | ●               | Learn to Row Y8 |                |                |              |                                |      | T1    | T1       | T3 Indoor |  |
| Snowsports                  |    | ●                | ●               | ●               | ●              | ●              |              |                                |      | T3    | T3       |           |  |
| Swimming                    |    | ●                | ●               | ●               | ●              | ●              | T1           | T1                             |      | T1    | T1       | T1        |  |
| Program sports              |   |                  |                 |                 |                |                |              |                                |      |       |          |           |  |
| Australian Football         |  | ●                | ●               | ●               | ●              |                | T2           | T2                             | T3   | T3    |          |           |  |
| Basketball                  |  | ●                | ●               | ●               | ●              | Year 4         | T4           | T3&4                           |      | T3    |          |           |  |
| Tennis                      |  | ●                | ●               | ●               |                |                | T1           | T1                             |      |       |          |           |  |
| Triathlon                   |  | ●                | ●               | ●               | Year 6, T4     |                | T1           |                                | T1   | T1    | T2       | T4        |  |
| Water Polo                  |  | ●                | ●               | ●               | ●              |                | T2, T4 Jnr   |                                |      | T4    |          |           |  |
| Participation sports        |   |                  |                 |                 |                |                |              |                                |      |       |          |           |  |
| Badminton                   |  | ●                | ●               | ●               |                |                | T3           |                                |      |       |          |           |  |
| Cricket                     |  | ●                | ●               | ●               |                |                | T4           |                                |      |       |          |           |  |
| Diving                      |  | ●                | ●               | ●               |                |                | T1           |                                |      |       |          |           |  |
| Gymnastics                  |  | ●                | ●               | ●               | ●              |                |              |                                |      | T3    |          |           |  |
| Hockey                      |  | ●                | ●               | ●               |                |                | T2           |                                |      |       |          |           |  |
| Indoor Cricket              |  | ●                | ●               | ●               |                |                | T1           |                                |      |       |          |           |  |
| Lacrosse                    |  | ●                | ●               |                 |                |                |              |                                | T3   | T3    |          |           |  |
| Soccer                      |  | ●                | ●               | ●               | ●              |                | T3           | T2                             |      |       |          |           |  |
| Softball                    |  | ●                | ●               | ●               |                |                | T1           |                                |      |       |          |           |  |
| Volleyball                  |  | ●                | ●               | ●               |                |                | T3           |                                |      |       |          |           |  |

| TRAINING |        |        |        | COACHING         |                   |                 | LOCATION  |            | State selection pathway | Additional costs | User pays camp         | Year 12 captains |
|----------|--------|--------|--------|------------------|-------------------|-----------------|-----------|------------|-------------------------|------------------|------------------------|------------------|
| Term 1   | Term 2 | Term 3 | Term 4 | National coaches | Qualified coaches | Alumnce coaches | Training  | Home venue |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 |           |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G, VP, HP |            |                         |                  | Geelong. Apr Y7-12     |                  |
|          |        |        |        |                  |                   |                 | G, BHT    | BHT        |                         |                  | Geelong. Apr Y7-12     |                  |
| Trials   |        |        |        |                  |                   |                 | G         | MP         |                         | ~\$250           | NZ Tour, Jul Y11&12    |                  |
| Trials   |        |        |        |                  |                   |                 | G         | G          |                         |                  | NZ Tour, Jul Y11&12    |                  |
|          |        |        |        |                  |                   |                 | H, F      |            |                         | ~\$3000          | Nagambie, Jan Y8-12    |                  |
|          |        |        |        |                  |                   |                 | MB        |            |                         | Various          | Falls Creek, Aug Y7-12 |                  |
|          |        |        |        |                  |                   |                 | G         |            |                         |                  | Geelong. Jan Y7-12     |                  |
|          |        |        |        |                  |                   |                 |           |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         | XC, EP     |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         | BS         |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         | G          |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         |            |                         |                  | Geelong. Jan Y7-12     |                  |
|          |        |        |        |                  |                   |                 | G         | G          |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 |           |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | BS        | G          |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | XC        |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | BS        |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | HHC       | H          |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         |            |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         | G          |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         | G          |                         |                  |                        |                  |
|          |        |        |        |                  |                   |                 | G         | G          |                         |                  |                        |                  |

|                     |   | YEAR LEVELS   |              |             |             |             | COMPETITIONS |     |      |       |          |       |
|---------------------|---|---------------|--------------|-------------|-------------|-------------|--------------|-----|------|-------|----------|-------|
|                     |   | Years 11 & 12 | Years 9 & 10 | Years 7 & 8 | Years 5 & 6 | Years 3 & 4 | GSV          | SSV | SCSA | State | National | House |
| Recognition sports  |   |               |              |             |             |             |              |     |      |       |          |       |
| Cycling             |    | ●             | ●            | ●           |             |             |              |     |      | T4    | T1       |       |
| Equestrian          |    | ●             | ●            | ●           |             |             |              |     |      | T1    | T3       |       |
| Golf                |    | ●             | ●            | ●           |             |             | T1           |     |      |       |          |       |
| Recreational sports |   |               |              |             |             |             |              |     |      |       |          |       |
| Boxing Fit          |    | ●             | ●            |             |             |             |              |     |      |       |          |       |
| Boot Camp           |    | ●             | ●            | ●           |             |             |              |     |      |       |          |       |
| Cardio Circuit      |    | ●             | ●            | ●           |             |             |              |     |      |       |          |       |
| Run Group           |    | ●             | ●            | ●           | ●           | ●           |              |     |      |       |          |       |
| SwimFit             |   | ●             | ●            | ●           | ●           | ●           |              |     |      |       |          |       |
| Tennis Lessons      |  | ●             | ●            | ●           | ●           | ●           |              |     |      |       |          |       |
| Umpiring            |   |               |              |             |             |             |              |     |      |       |          |       |
| Australian          |  | ●             | ●            |             |             |             |              |     |      |       |          |       |
| Netball             |  | ●             | ●            |             |             |             |              |     |      |       |          |       |

Key

|     |                       |      |                                      |
|-----|-----------------------|------|--------------------------------------|
| BHT | Box Hill Track        | HP   | Hays Paddock                         |
| BS  | Boroondara Sports     | MB   | Mt Buller                            |
| EP  | Elgar Park, Box Hill  | MP   | MacLeay Park                         |
| F   | Footscray             | SCSA | Secondary Catholic Sport Association |
| G   | Genazzano             | SSV  | School Sport Victoria                |
| GSV | Girls' Sport Victoria | VP   | Victoria Park                        |
| H   | Hawthorn              | XC   | Xavier College                       |
| HHC | Hawthorn HC           |      |                                      |

The diagram consists of a 10x10 grid of cells, divided into four horizontal sections by dark blue bars. The top section has a repeating pattern of light blue and white columns. The second section has a repeating pattern of white, grey, and white columns, with red dots in the first four columns of each white column. The third section has a repeating pattern of white, grey, and white columns, with red dots in the first four columns of each white column. The bottom section has a repeating pattern of white, grey, and white columns, with red dots in the first four columns of each white column.







# Girls’ Sport Victoria (GSV)

## Years 7 to 12

Girls’ Sport Victoria Inc. (GSV), one of the largest independent girls’ school sporting associations in Victoria, was formed in 2000 to create a uniform entity through which girls’ sport in participating schools could be supported, conducted, promoted and administered. Genazzano is one of 24 independent girls’ school members of GSV and we participate in all 19 sports offered by the association.

**The guiding principles are:**

- The promotion of girls’ sport and physical activity
- Enhanced opportunities for participation in elite, competitive and recreational sportW
- Accessibility to a diverse range of programs
- The fostering of individual talents, team spirit and commitment
- The pursuit of excellence
- A commitment to the highest standard of ethical behaviour
- A commitment to the promotion of health and wellbeing of all girls

# GSV

## Carnival sports

|            |                                |
|------------|--------------------------------|
| Term One   | Diving, Swimming and Triathlon |
| Term Two   | Cross Country                  |
| Term Three | Track and Field                |

These carnival sport programs are available to all girls to improve fitness and skills as well as enjoy interschool competition. Practice meet opportunities are offered after school in the lead up to a Preliminary and Championship Carnival where whole school teams vie for Division

1, 2 or 3. Individuals that excel in these Championships will then be invited to a Finals Night competition. Swimming and Athletics (Track and Field and Cross Country) have training opportunities for all four terms of the year, whilst Diving and Triathlon are available across two terms.



## GSV

### Weekly sports

|                   |  |
|-------------------|--|
| <b>Term One</b>   | Indoor Cricket,<br>Softball, Tennis                                    |
| <b>Term Two</b>   | Australian Football,<br>Hockey, Netball, Water<br>Polo (Years 9 to 12) |
| <b>Term Three</b> | Badminton, Soccer,<br>Volleyball                                       |
| <b>Term Four</b>  | Basketball, Cricket,<br>Water Polo<br>(Years 7 & 8)                    |

Students can choose from the variety of sports each term and have the opportunity to trial them towards the end of the previous term. Every effort is made to give each girl the opportunity to participate in their sport of choice, however some sports do have a capped quota. Weekly sport is a great sampling opportunity to try new sports and meet new friends.

Girls make a commitment to their weekly sport by attending one weekly training and match per week. Training is typically 7.00am – 8.00am before school, with some lunchtime exceptions.

All interschool weekly matches are played on weeknights after school between 4.00pm and 6.00pm with alternating home and away fixtures. For matches played away, students travel by bus to and from the venue.

**The regular fixture nights are:**

- **Junior (Year 7 and 8) Matches**  
Thursday
- **Intermediate (Year 9 and 10) Matches**  
Wednesday
- **Senior (Year 11 and 12) Matches**  
Monday

## School Sport Victoria (SSV)

Genazzano is affiliated with SSV through the Armadale District. This involvement offers a higher level of competition for more experienced students from Years 3 to 6. Genazzano sends squads to represent the College in swimming, cross-country and athletics carnivals. Teams are also selected to compete in Australian football, basketball, netball and soccer tournaments. Girls are offered trial opportunities in these sports and six training sessions for each selected team.

## Years 5 and 6 Weekly Sport

Years 5 and 6 students will compete in our new weekly house sport program. Girls will enjoy a combination of skills training from expert coaches and then friendly house sport competition over a four to five week period. The program is compulsory for all Years 5 and 6 girls and all sessions are on campus from 3.30pm to 4.30pm.

## Secondary Catholic Sport Association (SCSA)

To complement our association with the Girls Sport Victoria competition, Genazzano competes in select SCSA Carnivals. In 2023, Genazzano will compete in Football (Term 3) and Table Tennis (Term 4).



## Other competitive sport

Genazzano FCJ College enters sporting teams in other competitions, providing further opportunities to compete against a wider range of school students.

**These include:**

- Netball Victoria Schools Championships
- All Schools Swimming/Diving/Track and Field Championships
- Basketball Victoria Hooptime and Champions Cup



## Rowing

Students in Years 9 to 12 have the opportunity to trial and train for the College Rowing Program. Students are selected to compete in various crews. The junior crews train at the Genazzano/Xavier Boatsheds located on the Yarra River at Hawthorn, whilst the senior squad train on the Maribrynong River in

Footscray to prepare for a number of weekend regattas, in Terms Four and One, including the Head of School Girls Regatta in Geelong on the Barwon River. An introductory 'Gen Go Rowing' program is also run for Year 8 students in Term Three of each year. Program costs are available from the Head of Rowing.







## Snowsports

Genazzano FCJ College offers the opportunity for all students from Prep to Year 12 to join the College Snowsports team. Disciplines offered include Alpine, Cross Country, Moguls, Skiercross, together with Snowboarding. A team of students compete in the Victorian Interschola Ski Championships at Mt Buller at the end of Term Three.

Prior to competition, the team has several training camps and day trips at Mt Buller and Falls Creek. Parents are welcome to be involved as part of the parent support group. This is a user pays program and further details are available at a Term One information night.



## Netball

Genazzano Saturday Netball is our largest school program from Years 4 to 12. Saturday Netball is conducted at Macleay Park in Balwyn North, with Genazzano being the largest club with more than 45 teams and over 400 participants.

The aim of Saturday Netball is to provide a positive environment where Genazzano students can develop their netball skills, their personal and team values, a love for physical fitness and an active and healthy lifestyle. Training opportunities are offered before school or at lunchtime.

### Seasons

**Winter:** Terms Two and Three

**Spring Fling:** Term Four



◀ **The College is fortunate to have former Olympic swimmer, Mr Matt Welsh OAM as the Head of Aquatics and Head Swimming Coach.**

## GenAquatic

The Genazzano FCJ College pool is home to GenAquatic Swimming Club. The Club is committed to the holistic development of swimmers and members consist of boys and girls from Genazzano FCJ College and the local community. This is a recommended extension opportunity of the extensive College swim team program for swimmers with competitive goals.

Our enthusiastic, accredited coaches implement structured training programs targeting the major swimming carnivals specific to each squad level – from novice meets to state and national competitions.

### Squad Programs

Our Squad Programs cater for competent lap swimmers. At GenAquatic we are inclusive of swimmers with disabilities and those who are culturally and linguistically diverse. Swimmers progress through three levels of squad, refining competitive strokes, building fitness and improving race techniques.

### Bronze Squad

In the Bronze squad, swimmers have finished Learn to Swim and are now ready to train within a club atmosphere. A solid understanding of swimming strokes, turns and dives has already been established. The focus is now fitness, speed and maintaining swimming technique.

### Silver Squad

As swimmers progress with their fitness and improve times, it is important that they are given the opportunity to experience new challenges in and out of the pool. Training consists of both water and land sessions with a greater emphasis on establishing fitness, strength and speed. Swimmers attend competitions throughout the year as a fun way to mix with people in and around the club. Silver squad swimmers regularly attend two or more sessions per week and often swim up to three kilometres per session.

### Gold Squad

The intention of the Gold Squad is to continue developing swimmers holistically. Swimmers work towards competing at a State level, whilst many compete at Club, State or National events. However, competition is not the only focus and each swimmer has the opportunity to develop and work towards their own intrinsic goals and needs at training. Swimmers regularly train three or more times a week and four or more kilometres per session.

## Fitness Programs

Across the four terms, various fitness programs are offered to encourage our girls to maintain a healthy and active lifestyle. These programs are also designed to support our performance sporting programs.

- Run Group (Years 3 to 12)
- Swim Squad (Years 3 to 12)
- Boxing Circuit (Years 9 to 12)
- Boot Camp (Years 7 to 12)
- Cardio Circuit (Years 7 to 12)
- Pilates (Years 7 to 12)

### Tennis Coaching

Tennis coaching is available to all students from Prep to Year 12 at the College by registered coaches from the Genazzano/OLGC Tennis Club, either before school or during lunchtime. The program is conducted for the full school year, encompassing a minimum of 32 lessons of 5 minutes each.

## Co-curricular program

Participants in our sporting program have the opportunity to receive colour points in line with College policy. To qualify for a colour point, a student must participate once weekly over the duration of a semester (for a non-training team) or twice weekly over the duration of a term for a training team. Participation must involve a minimum 80% attendance at both training and matches.

## Camps and tours

### Late January

- Four day Swimming and Triathlon Camp (Years 7 to 12)
- Five day Rowing Camp (Years 9 to 12)

### Term One Holidays

- Four day Cross Country and Track and Field Camp (Years 7 to 12)

### Term Two Holidays

- Ten day New Zealand Netball Tour (Year 11 and 12) - every second year
- Mt Buller Training and Trials Weekend

### Term Three

- Falls Creek Year 8 Ski Weekend
- Falls Creek Snowsports Team Training Weekend (Years 7 to 12)

### Term Three Holiday (every alternative second year)

- Two week International Sporting Tour of our FCJ schools in Europe







## House sport

### There are six Houses at Genazzano FCJ College:

Corry (Red)

d'Houet (Royal Blue)

Douglas (Magenta)

Gerda (Green)

Stock (Gold)

Winter (White)

Students at Genazzano FCJ College participate in many House events throughout the year. Some of these House events are sport competitions.

The interhouse sport program is designed to provide competitive sporting situations, whilst fostering House spirit, sportsmanship and participation for all students.

- **Track and Field Carnival:** Term One
- **Cross-Country Carnival:** Term Two
- **Indoor Rowing:** Term Three
- **Swimming/Diving Carnival:** Term Four
- **Team Triathlon:** Term Four

The athletics and swimming/diving competitions are major whole College carnivals involving all students and staff from Prep to Year 12. They are held at external venues to the College. House Prefects and Captains select their competitors, with an emphasis on including all students in events.





# Contact

## 2023 Sport staff



**Nick Wall**  
Director of Sport



**Gretta Hankinson**  
Sport Administrator



**Sarnda Kennerley**  
Head of Netball



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**Matt Welsh**  
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