



## EISM SPORT



At Tintern Grammar, we recognise the value of sport as a vital part of a balanced education and offer a wide range of sports, with first-class facilities on campus. Participation, teamwork, healthy competition, striving to improve on a personal best and developing leadership skills are all benefits offered by sport.

Students can take part in mixed sporting activities, whilst some are gender-specific. Whatever their own interest and level of fitness, we encourage students to participate and seek to push their boundaries. By doing so they can learn the important lessons derived from achieving personal goals.

Tintern Grammar holds annual Inter-School House sports. The School is a member of EISM (Eastern Independent Schools of Melbourne) and students are able to compete in sporting carnivals, as well as mid-week competitive sport. Importantly, competitive sports are scheduled to take place during the school week, so students are able to keep weekends free for family, friends, club-based sport and other personal pursuits.

A routine of maintaining health and fitness, with regular exercise is something students can take with them and will be of great benefit, well after their school years.

### EISM GROUP MEMBERS

- Alphington Grammar School
- Aquinas College
- Bialik College
- Billanook College
- Donvale Christian College
- Eltham College
- Emmaus College
- Huntingtower
- Kilvington Grammar
- The King David School
- Kingswood College
- The Knox School
- Luther College
- Mount Lilydale Mercy College
- Mt. Scopus Memorial College
- Nunawading Christian College
- Oakleigh Grammar
- Oxley Christian College
- Plenty Valley Christian College
- Melbourne Rudolf Steiner School
- Tintern Grammar

### EISM SPORTS BY TERM

#### Term 1

| Year 8 Girls  | Year 9 Girls     | Year 8/9 Boys    | Senior Girls     | Senior Boys      |
|---------------|------------------|------------------|------------------|------------------|
| Soccer        | Basketball A & B | Basketball A & B | Basketball A & B | Basketball A & B |
| Tennis        | Softball         | Softball         | Softball         | Softball         |
| Netball A & B | Tennis           | Tennis           | Tennis           | Tennis           |
| Softball      | Indoor Cricket   | Ultimate Frisbee | Indoor Cricket   | Cricket          |
|               | Touch Rugby      | Hockey           | Volleyball       | Hockey           |
|               |                  |                  | Ultimate Frisbee |                  |

#### Term 2

| Year 8 Girls     |
|------------------|
| Basketball       |
| Hockey           |
| Touch Rugby      |
| Volleyball A & B |



## EISM SPORTS BY TERM

### Term 2 & 3

| Year 9 Girls  | Year 8/9 Boys | Senior Girls  | Senior Boys  |
|---------------|---------------|---------------|--------------|
| Football      | Football      | Football      | Football     |
| Soccer        | Soccer        | Soccer        | Soccer       |
| Netball A & B | Badminton     | Netball A & B | Badminton    |
|               | Table Tennis  | Hockey        | Table Tennis |
|               |               |               | Volleyball   |

### Term 3

| Year 7 Girls  | Year 7 Boys  | Year 8 Girls |
|---------------|--------------|--------------|
| Basketball    | Football     | Football     |
| Hockey        | Soccer       | Badminton    |
| Netball A & B | Basketball   | Table Tennis |
| Table Tennis  | Table Tennis |              |

### Term 4

| Year 7 Girls     | Year 7 Boys      | Year 9 Girls     | Year 8/9 Boys       |
|------------------|------------------|------------------|---------------------|
| Softball         | Hockey           | Hockey           | Indoor Cricket      |
| Soccer           | Indoor Cricket   | Ultimate Frisbee | Indoor Soccer A & B |
| Tennis           | Tennis           | Volleyball A & B | Netball A & B       |
| Volleyball A & B | Volleyball A & B | Badminton        | Touch Rugby         |
|                  |                  | Table Tennis     | Volleyball A & B    |

## SENIOR SPORT

Sport is compulsory for Years 10 and 11 and optional for Year 12s. The students participate in Interschool Sport Teams or Recreational sport activities such as Yoga, Boxercise, Spinning, Swimming and more. A gymnasium (treadmills, weights etc) is open 2 mornings a week for senior students. Senior Sport (Years 10-12) takes place on Wednesday afternoons and is a 'timetabled' lesson whether you are in a team or recreation group. Sport takes place during the School day which means it does not impact students' involvement in community activities (clubs, work, home life).

## COMPETITION TIMINGS

- EISM Division 1 Swimming is around the 5/6 March each year.
- EISM Athletics is around the 6th May
- VSAC swimming competition is around 13 May.
- EISM Cross country is around the 11 September.