

SPORT NEWSLETTER

Week 2, Term 3 2024

I hope everyone is enjoying the opportunity to watch some of the Olympics this week. There are so many inspirational performances so far from our Australian athletes and I hope this serves as motivation for all youngsters out there to reach for the clouds and dream big. When you hear some of their personal stories, it really shows that absolutely anything can be achieved with the right attitude and support around the athlete.

William Yang (OKG16) was superb in the pool in the 100m freestyle and reached the semi finals whilst coming up in Week 2, we have another Knox representative on the track with Cameron McIntyre (OKG16) throwing the javelin. Good luck, Cam.

Over the weekend, our Cross Country squad showed remarkable resilience and teamwork at the Trinity Relays held at Ewen Park in Hurlstone. With 40 students ranging from Years 7 to 12 participating, the School fielded 10 teams in a series of 4x2km relay races. Despite facing thunder delays and heavy rain, the Knox boys demonstrated impressive grit and determination, all while maintaining a spirited camaraderie.

In the Open division, Knox's standout team comprised of Archie Hetherington (Y8), Miles Phijidvjan (Y10), Sam Tan (Y10), and Lachlan McIntosh (Y12). This quartet not only finished as the fastest Knox team, but also made a significant mark on the competition, placing 7th overall and 2nd among CAS schools.

The Junior 1st team also made a strong impression. Well done to Y7 boys Thomas Berg, John Brivilus, Jacorian Shen, and Nicholas Watkins, who all competed with remarkable energy. They secured 10th place overall and 7th among CAS schools.

Special mention goes to one of Knox's senior 4x100m sprint teams, who bravely took on the 4x2km relay challenge. Their willingness to step out of their usual event and compete in the longer distance is a testament to their commitment to challenging themselves for the upcoming CAS Track and Field season.

School Sport Australia Swimming Championships

A team of 12 Knox boys attended the 2024 School Sport Australia Swimming Championships held at the Gold Coast Aquatic Centre at the end of July. All swimmers that competed represented NSW in several Individual and relay events.

Each final was well represented by Knox swimmers who were also regularly sharing the dais together. The 15 Years boys 50m Butterfly was an all Knox podium – Lukas Dunn (Y9), Ethan Haegebaert(Y9) and Dylan Zhou (Y10).

Special mention to Ethan Haegebaert, Jack Mitchell (Y10), Tristen Waugh (Y10), and Lukas Dunn who were selected to swim as part of the Gold Medal winning NSW 15-16 4x50m Freestyle relay team. A rare achievement for a team to be comprised of all Knox students!

Congratulations to the team who were excellent representatives of the School. The team finished the four-day event with a total of 13 Individual Gold, 10 Individual Silver and 6 Individual Bronze Medals. The boys also returned with 4 Relay Gold, 1 Relay Silver and 3 Relay Bronze medals.

World Water Polo Championship

Congratulations to Jake Cox who has just represented Australia in the U16 Men's World Water Polo Championship in Malta. Prior to being in Malta, Jake and his team trained and had a tournament in Turkey where he won "Goalie of the Tournament".

PEAK student, Yuma Nakakoji

Congratulations to Yuma Nakakoji on his recent ballroom dancing achievements in international dance competitions during the winter school holidays. Some of his achievements include being the U14 Open Latin finalist at the Hong Kong Open and representing Australia at the 2024 Ballroom Dance World Cup in China. Together with his dancing partner/sister, their results include:

- National Team Match – 4th out of 7 countries
- 12 Years Old Open Latin – 4th
- 12 Years Old A Grade Latin – 1st
- 14 Years Old A Grade Latin – 3rd

Exploring a career in the sports industry?

Careers and Sports Education Development Australia ([SEDA](#)) have teamed up to conduct an Information Session for students exploring a career in the sports industry post school.

Who is SEDA? SEDA Group provides students the opportunity to study in a practical, hands-on learning environment and gain real experience working alongside professional sporting organisations.

Students will have the opportunity to study curriculum linked to the sports industry, undertake practical placement, run major projects and participate in high performance activities designed to further develop their skills and experience.

When: Monday 5 August

Time: 6pm-6.30pm

Click [here](#) for the Teams link.

Meeting ID: 455 646 364 116

Passcode: QM3iQm

Coming up

This week is our penultimate round of winter sport and for many boys in Year 12, their last opportunity to play a fixture at Knox. I'm sure the weekend for many boys will be emotional, so please get behind these boys and help them have a great experience. We are encouraging the whole school to come along at the end of the day on Saturday to enjoy some Tartan Army Spirit and get behind our 1st XV at 3.15pm. A terrific opportunity to sit with friends and enjoy a great afternoon with each other.

Tonight (Friday) we also look forward to a semi-final AFL fixture at Gore Hill. The winner advances through to the Grand Final next Friday night. We also wish our Football 1st XI the very best as they are within reaching distance of a CAS title. They have a huge game on Saturday vs Waverley out at Curragul from 10.15am on Saturday.

Student Injuries – Students from all Knox campuses who are injured during a school activity must report this on the day of the incident. Students can either speak to their coach or teacher, attend the Knox Clinic, or see the first aider/staff member who is in attendance.

Good luck to all boys. Have a safe and enjoyable weekend. Go the Black and Blue!