

SPORT NEWSLETTER

Week 6, Term 3 2024

I hope everyone is looking forward to Gala Day this Saturday. From a sport perspective, we will be showcasing our Track and Field squad in a number of events, whilst honouring our commitment to the Headmaster's Gift Race and Deputy Headmaster's Mile Race. I encourage everyone to come and watch our best athletes in action, as they show their skills in the build-up to their big event in September.

Track and Field

Last Saturday, Knox students participated in the second week of the CAS Track and Field season at Sydney Olympic Park. Over 90 boys from Knox competed in running, jumping, and throwing events, achieving outstanding results across various year groups. Some notable performances included:

- Reilly Caswell (Y11) winning the 17 years 800m with a time of 2:01.51.
- James Atkins (Y8) running 11.76 in the 13 years 100m event and 13.03 in the 13 years 90m hurdles.
- Chris Neal (Y10) placing 2nd in the 16 years Javelin (700g) with a throw of 44.96m, and winning the Opens Javelin (800g) with a distance of 43.65m.

This week, all boys will be on Knox 1 and Gillespie Field as they continue to trial for CAS selection. There is still time to trial for Knox selection. For any queries related to athletics, please contact [Miss Hemsworth](#).

Additionally, all boys in Years 7–12 received an email inviting them to sign up as spectators and support our team. We hope to see a wave of Black and Blue on 19 September. Please encourage the boys to check their emails and sign up for this exciting event.

Snow Sports

34 students from Knox Prep and Senior School competed in the Snow Australia Interschools State Championships in Perisher last week. More amazing results were achieved in sometimes quite difficult race conditions, with Knox securing 3rd place Primary Male Overall Championship and 6th place Secondary Male Overall Championship. Knox students brought home one gold, five silver and four bronze medals, with several teams and individuals qualifying for the National Championships in September. We are so proud of the efforts of all students and wish those competing at Nationals the best of luck!

State Swimming Titles

28 Knox boys, joined by five Knox Old boys, competed at the NSW Short Course Swimming championships held at Homebush last week. Competing with students from PLC as part of the Knox Pymble Swim club, the boys helped amass a total of 107 medals, including 43 Gold, 41 Silver and 23 Bronze medals. This resulted in a first place achievement for the club in the state!

Special mention to **Jasper Zhou (Y8)** who won his first State titles in the 13 Years 50m and 100m Freestyle events. This event was the culmination of the winter season for many swimmers, or preparation for the upcoming Australian Short Course Championships late September. Congratulations to all the swimmers who competed over the weekend, and good luck to those competing at the Australian Championships.

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.

Have a great weekend. Go the Black and Blue!