



SPORT INFORMATION 2025

PRIMARY AND SECONDARY



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SPORTS ADMINISTRATOR'S ADDRESS

Dear Tangara Parents

It is with great enthusiasm that I present the Sports offerings for 2025. At Tangara, it is compulsory for students to undertake a minimum of two terms (one semester) of sport.

There is no denying the immense benefits physical activity has for young women, including but not limited to, mental health benefits, overall fitness, stress reduction and management. More so, the valuable lessons learnt through teamwork, communication, negotiation, perseverance, and goal setting allow our girls to grow in their virtues.

This document outlines the details of all the sports available to our students in 2025. Once you have perused the options with your daughter, please follow the "HOW TO ENROL" instructions for each selection. It is important to note that most activities have capped numbers so it is advised to make your selections in a timely manner to avoid disappointment.

We endeavour to give as much opportunity for diverse physical activity pursuits to our students and encourage them to step out of their comfort zones in 2025.

I look forward to seeing lots of jumping, skipping, throwing, hopping, running and smiling faces around the school soon.

Kind Regards,



Mrs Alison Benson
Sports Administrator

SPORT AT TANGARA

STUDENT CODE OF CONDUCT

The school has implemented codes of conduct for all students representing Tangara in sport.

- I will always play by the rules
- I will never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- I will control my temper. I understand that verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent is not acceptable or permitted behaviours in any sport
- I will work equally hard for myself and/or my team
- I will be a good sport and applaud all good plays whether they are made by my team or the opposition
- I will treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor
- I will cooperate with my coach, team members and opponents
- I will display modesty in victory and graciousness in defeat
- I respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background
- I will thank the opposition, officials and coach at the end of the game
- I will arrive to trainings and games on time with the correct uniform and inform my coach if I am unable to make it to a game or training

ILLNESS AND INJURY

Unless the circumstance or situation is exceptional, students will not be refunded for sessions missed. Any extenuating circumstances need to provide documentation to Mrs Alison Benson.

WET WEATHER

Please refer to each outdoor activity for specific wet weather procedures.

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Athletics

Athletics aims to support the overall development of both track and field skills for the students involved.

Term	2 and 3
Time	Primary 3.15pm-4.15pm (Tuesday afternoons in 2024 - 2025 TBC) Secondary 4.15pm-5.15pm (Tuesday afternoons in 2024 - 2025 TBC)
Location	Tangara Oval
Cost	\$120 per term (based on a 10 week term)
How to Enrol	Please complete the Google Form
Wet Weather	An email will be sent from sport@tangara.nsw.edu.au before 12pm on the day if cancelled. You will not be charged for this session.
Contact	Tangara Sport sport@tangara.nsw.edu.au

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Basketball

The Tangara Basketball Club has a large number of teams which play in the Hills Basketball Association Competition.

Term	Summer Term 4, 2024 & Term 1, 2025 - <i>season underway</i> Winter Term 2 & 3, 2025 Summer Term 4, 2025 & Term 1, 2026
Time	One training session per week, generally after school Game each Tuesday or Saturday for Primary Game each Tuesday, Thursday or Friday for Secondary (<i>dependent on age group</i>)
Location	Training at Tangara & games at Hills Hornets Basketball Stadium
Cost	Yearly Hills Hornets annual membership - <i>payable directly to Hills Hornets</i> MINIBALL - \$110 (online) per annum *\$120 (front desk) JUNIOR - \$125 (online) per annum *\$135 (front desk) SENIOR - \$140 (online) per annum *\$150 (front desk) Tangara Player Registration - valid per season \$225 - includes team entry, games and uniform hire (<i>must be returned if not playing</i>)
How to Enrol	Please refer to the Tangara Basketball website for all registration details TANGARA BASKETBALL WEBSITE
Wet Weather	Please contact the coach in the first instance
Contact	Tangara Basketball basketball@tangara.nsw.edu.au



SPORTS 2025

PRIMARY AND SECONDARY

Dance

Dance is back at Tangara! Please see the class descriptions below.

JFH (Jazz, Funk and Hip Hop) is a style performed by commercial dancers – a stylised combination of Jazz, Funk and Hip Hop.

Hip Hop dance is a range of street dance styles primarily performed to hip hop music or that have evolved as part of hip hop culture.

Contemporary involves aspects of movement from several other genres such as jazz, modern and ballet.

Term	1-4
Time	<p>Kindy & Year 1 Monday Lunch 12.10pm-1.30pm JFH for boys and girls</p> <p>Year 2 & 3 Tuesday Lunch 12.10pm-1.30pm JFH</p> <p>Year 4, 5 & 6 Tuesday Afternoon 3.30pm-4.30pm JFH and Contemporary</p> <p>Year 7-12 Tuesday Afternoon 4.30pm-6.15pm JFH and Contemporary</p>
Location	Undercroft
Uniform	Primary – sports uniform or black top/leggings & jazz shoes/sneakers Secondary – black top/leggings & jazz shoes
Cost	\$170 per term <i>(based on a 10 week term)</i>
How to Enrol	Please complete the Google Form
Contact	Isabella El-Rahi isabella.dance2005@gmail.com

Please note class sizes are limited and will be filled on a first come, first served basis



Meet Bella

With 17 years of personal dance experience, Bella is trained in hip hop, jazz, and contemporary styles. In 2017 she began her journey at Tangara dancing as a student with squad dance studio then in 2018 she was a student dance teacher where she learnt from a range of dance teachers.

Bella brings a passionate and vibrant perspective to the studio, inspiring students to explore the joy of movement.

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Kickboxing

Kickboxing will continue to run at Tangara in 2025 for students in Year 6 – Year 12. The program will continue to be led by the staff at Bulldog Gym, Castle Hill.

The girls will have the opportunity to learn kickboxing skills which have benefits including physical and emotional wellbeing, reducing stress, appreciation for self-achievements, discipline, commitment and overall fitness achievements.

Term	1-4
Time	Year 6-12 Friday Morning 7.15am-8.00am
Location	Yarra Hall
Uniform	Tangara sports uniform or appropriate training clothes
Cost	\$175 per term <i>(based on a 10 week term)</i>
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au



Meet Kathryn

Kathryn has been training in martial arts for about 7 years and has competed in kickboxing, muay thai & boxing and holds the masa state title in muay thai. She is the current Australian caged muay thai champion. In 2023 Kathryn competed overseas representing Australia and won bronze and is ranked 4th in the world for kicklight.

Kathryn loves passing on her knowledge and passion to others.

SPORTS 2025

PRIMARY AND SECONDARY

Netball

The winter season runs from late March until August/September and excludes public holidays. We hope that your daughter will consider playing netball, to encourage social interaction, physical fitness, commitment and the many benefits of playing in a team sport.

By submitting this expression of interest, your details will be provided to the Tangara Netball Club. The Club will then email you directly with instructions on how to register and share any other information you need.

Term	2 & 3
Time	Indicative game times are as follows; NetSetGO Fridays 6.00pm to 8.00pm Juniors Saturdays 8.00am to 1.00pm Seniors Saturdays 12.00pm to 4.30pm Actual game times will be available in mid-April 2025
Location	Training at Tangara & games at Hills District Netball Association, Pennant Hills Park
Uniform	On game day, the uniform is an A-Line dress (\$60) Second hand uniforms may also be available
Cost	Please note the fees below are approximate and may be subject to change. They will be confirmed by the Tangara Netball club during registration. Under 7, 8 and 9 NetSetGO - \$320.00 Under 10 to Under 17 - \$320.00 Above 18 years and Seniors - \$320.00
Grading	To ensure each player who registers is placed in a team with like abilities, the Tangara Netball Club will hold a Grading Day in Term 1, 2025. Date to be confirmed once registrations close.
How to Enrol	Please click to complete the Tangara Netball EOI
Wet Weather	Please see the club's wet weather procedures for more information
Contact	Tangara Netball Club netball@tangara.nsw.edu.au

SPORTS 2025

PRIMARY AND SECONDARY

Tennis

Kurt Morrison will continue to run the Tangara Tennis program for 2025. Kurt is the Head Coach and Owner of Cherrybrook Tennis Coaching Centre.

Term	Primary Term 1-4, Secondary Term 1 and 2
Time	Kindy, Year 1 & 2 Friday 12.45pm-1.20pm Year 3 & 4 Monday 12.30pm-1.20pm Year 5 & 6 Tuesday 12.30pm-1.20pm Year 7 & 8 Monday 7.15am-8.15am Year 9, 10, 11 & 12 Tuesday 7.15am-8.15 am
Location	Tangara Jacaranda Courts
Uniform	Tangara sports uniform or appropriate training clothes
Cost	\$220 per term (<i>based on a 10 week term</i>)
How to Enrol	Email kurt.morro@bigpond.com with your child's name and year
Wet Weather	No lesson fee deduction for wet weather. Lessons will be conducted in Yarra Hall in the case of wet weather.
Contact	Kurt Morrison kurt.morro@bigpond.com 0417 433 073

Please note class sizes are limited and will be filled on a first come, first served basis



Meet Kurt

Kurt is the Head Coach and owner of Cherrybrook Tennis Coaching Centre. Tennis Australia qualified coach with over 30 years' experience and Head Coach for Tangara School for Girls for the last 12 years.

SPORTS 2025

PRIMARY ONLY

Rhythmic Gymnastics

Club PERÓ will continue to run Tangara's Rhythmic Gymnastics program in 2025. The Rhythmic Gymnastics programs with Club PERÓ develop a blend of athleticism, artistic interpretation and musicality in a friendly and supportive atmosphere.

Club PERÓ's team of dedicated coaches are committed to developing skills, as well as confidence, resilience and self-discipline in their gymnasts. Our experience comes from a diverse range of backgrounds including classical ballet, dance, theatre and sport. We understand that professionalism is very important in providing quality education to students which is why our classes are taught by qualified and highly trained coaches.

We offer Foundation streams with classes to fit students of all ages. Our programs are aimed at developing strength, flexibility, hand-eye coordination, spatial awareness and music appreciation with Rhythmic Gymnastics apparatus including Rope, Hoop, Ball, Clubs and Ribbon.

Embrace an active, physical and fun-filled experience with Club PERÓ.

Term	1-3
Time	Year 2-6 Monday 12.15pm-1.30pm
Location	Yarra Hall
Uniform	Red (Year 2) OR Black leotard (Years 3-6) with black bike shorts or black leggings (to be purchased once your daughter has been selected and her place in the program has been confirmed by Club PERÓ).
Cost	\$275 per term <i>(based on an 8 week term)</i>
How to Enrol	Please complete the Google Form
Contact	Head Coach - Rachel Weiner info@clubpero.com.au

Please note class sizes are limited and will be filled on a first come, first served basis



SPORTS 2025

SECONDARY ONLY

Hills Zone Futsal

The Hills Zone Sports Association Semester 1 Futsal Competition commences in Term 1 and continues into Term 2, 2025. The details are as follows:

Tangara enters two teams (pending interest) in the competition through a trial selection process:

One Junior team (Year 7-9 students)

One Senior team (Year 10-12 students)

Term	1 & 2
Time	Tuesday PM Juniors 4.00pm and Seniors 4.45pm Training TBC in 2025
Location	The Centre Dural – 1 Pellitt Lane, Dural
Uniform	Numbered playing top, Tangara PE shorts, long navy soccer socks and joggers
Transport	Own transport to and from the venue each week
Cost	\$150 per player - TBC
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2025

SECONDARY ONLY

Hills Zone Touch Football

The Hills Zone Sports Association Semester 2 Touch Football Competition commences in Term 3 and continues into Term 4, 2025. The details are as follows:

Tangara enters two teams (pending interest) in the competition through a trial selection process:

One (1) Junior team (Year 7-8 students)

One (1) Senior team (Year 9-11 students)

Term	3 & 4
Time	Tuesday PM Juniors 4.00pm and Seniors 4.45pm Training TBC in 2025
Location	Hills Grammar (<i>subject to change</i>)
Uniform	Numbered playing top, Tangara PE shorts and joggers or football boots
Transport	Own transport to and from the venue each week
Cost	\$150 per player - TBC
How to Enrol	Please complete the Google Form
Wet Weather	Cancellations will be posted on www.hzsa.com.au and students will be notified
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2025

SECONDARY ONLY

Hills Zone Volleyball

The Hills Zone Sports Association Semester 2 Volleyball Competition commences in Term 3 and continues into Term 4, 2025. The details are as follows:

Tangara enters 1 team in the competition through a trial selection process:

Opens Team (Years 7-11)

Term	3 & 4
Time	Monday PM Juniors 4.00pm and Seniors 4.45pm Training TBC in 2025
Location	Various schools in the Hills Zone Competition
Uniform	Numbered playing top, Tangara PE shorts and joggers
Transport	Own transport to and from the venue each week
Cost	\$150 per player - TBC
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

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REPRESENTATIVE SPORT

Hills Zone Sports Association (HZSA) & Pathways

Tangara is a member of the Hills Zone Sporting Association (HZSA). The Hills Zone Sports Association provides a pathway to CIS and state representation for primary and secondary students of member schools, including AICES for secondary students. Students can gain representation in the major carnivals of swimming, cross country and athletics as well as many other representative sports.

Successful athletes from our school carnivals are selected to represent Tangara at the following Hills Zone Carnivals:

Hills Zone Swimming

Hills Zone Cross Country

Hills Zone Athletics

Tangara also enters secondary representative teams to compete against other Hills Zone member schools in a semesterly competition. These teams are selected through trials, and students must commit to the season.

Hills Zone Futsal

Hills Zone Touch Football

Hills Zone Volleyball

Hills Zone Sports Association Code of Conduct

The Code of Conduct aims to set out the minimum standards for anyone involved in HZSA Sport. This should apply when playing, training or taking part in any HZSA sanctioned activities.

The Code of Conduct for coaches & managers, players, spectators & visitors can be viewed via the link below.

Hills Zone Sports Association Code of Conduct

TIMETABLE 2025

Term 1, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE	Secondary Tennis	Secondary Tennis			Kickboxing
LUNCH	Primary Tennis Rhythmic Gymnastics Dance	Primary Tennis Dance	Primary Tennis	Primary Tennis	Primary Tennis
AFTER	Summer Basketball	Summer Basketball HZ Futsal Dance	Summer Basketball	Summer Basketball	Summer Basketball

Timetable is subject to change

Term 2, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE	Secondary Tennis	Secondary Tennis			Kickboxing
LUNCH	Primary Tennis Rhythmic Gymnastics Dance	Primary Tennis Dance	Primary Tennis	Primary Tennis	Primary Tennis
AFTER	Winter Basketball Netball	Winter Basketball Netball HZ Futsal Dance	Winter Basketball Netball	Winter Basketball Netball	Winter Basketball Netball

Timetable is subject to change

TIMETABLE 2025

Term 3, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE					Kickboxing
LUNCH	Primary Tennis Rhythmic Gymnastics Dance	Primary Tennis Dance	Primary Tennis	Primary Tennis	Primary Tennis
AFTER	Winter Basketball Netball HZ Volleyball	Winter Basketball Netball HZ Touch Football Dance	Winter Basketball Netball	Winter Basketball Netball	Winter Basketball Netball

Timetable is subject to change

Term 4, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE					Kickboxing
LUNCH	Primary Tennis Rhythmic Gymnastics Dance	Primary Tennis Dance	Primary Tennis	Primary Tennis	Primary Tennis
AFTER	Summer Basketball HZ Volleyball	Summer Basketball HZ Touch Football Dance	Summer Basketball	Summer Basketball	Summer Basketball

Timetable is subject to change