

# 'In The Gym' - Sport At MacKillop



## CONGRATULATIONS

On Sunday 23 February two of MacKillop's Karate athletes took part in the 2014 ISKA and ISJA Western Nationals, held at Stannies.

Firstly, Year 12 student Angela Taylor placed third in the 17 Years Kata Section where she performed a Shotokan Kata Heian Yondan. Angela was representing her club at the tournament. Year 7 student, Felicity Vella was also very successful placing first in the Kata Section performing a Go ju Ryu, Kata Sai Pai, second in the Point Sparring Section and second in the Continuous Sparring Section. Felicity was representing her club, Pollets Martial Arts, at the tournament.

Congratulations to both students on their achievements over the weekend. We would also like to wish Felicity all the best with her training as she prepares for a tournament to be held in Fiji coming up in May and also a trip to Okinawa, Japan.



## Others News in Sport for Week 5:

Trials for the Diocesan U16s and Open Hockey Teams are being held on Tuesday 11 March at the Cooke Hockey Complex from 9.30am till 1.00pm. If selected into these teams, the girls will then compete at the NSWCCC Hockey selections on Monday 24 March. Good luck to all the players trying out this year.

MacKillop Basketball tryouts have started this week and so have the tryouts for the school Touch Football Team. Congratulations to all the students who have put their names forward to be considered for selection for 2014.

Under 15 Girls AFL selections: any students who have participated in AFL in the local Bathurst Competition and would like to be considered for selection in a CCC representative team please see Mrs Gunning or Miss Booth as soon as possible.

Do you play tennis? Do you have an Australian Ranking? If

you do there are a couple of places available for the CCC tennis tryouts. Please see Mrs Gunning or Miss Booth as soon as possible as entries are closing today (Thursday).

## What's Happening in Week 6?

CCC Cricket tryouts are on Monday 3 March and Year 10 student, Matilda Power, will be displaying all her talented cricket skills. We would like to wish her luck!

The MKC Swimming Squad will be announced this week. Squad members will be asked to return permission note as soon as possible to Mrs Whelan (Squad Manager). The Diocesan Carnival will be held in Dubbo next Tuesday 4 March. Good luck to all our MKC swimmers!

A huge "Good Luck" to our Triathletes as they complete at the CCC Triathlon Championships at the end of next week. GO TEAM MKC!

Mrs Tracey Gunning and Miss Alysha Booth  
Sports Coordinators

# SORRY DAY

On Saturday the 15 February we celebrated Sorry Day, we watched Kevin Rudd's speech at BMEC and then we marched down to Peace Park where we listened to story telling. We also watched a group of girls, including Ashlee Lefevre in Year 12, do a clearing dance and three men from Dubbo do a Welcome Dance. Uncle Bill Jnr did a Welcome to Country and we enjoyed listening to a band playing.

The community gathered together as the local Mayor made a very inspiring speech. It was a great day had by all.

Sharyn Hancott

