Principal’s report

Hi everyone

I hope you had an enjoyable semester break and that the ‘Antarctic Vortex’ has well and truly passed.

As we enter the second semester of the year, there are a range of actions to consider as well as some exciting developments ahead.

First to the actions:-

1. Reports/Parent Evenings Feedback

   We moved to electronic reporting for Semester 1 and, while we have not received any negative feedback, I am not sure all families received and accessed reports. As we move to this mode of communication it is essential we have accurate records – in this case email address.

   We are also reviewing our traditional ways of providing feedback to parents ie Parent Evenings. There was not a great uptake last week and we will continue to look for ways to develop our processes here.

   The results for Semester 1 were very good overall, in fact, statistically, best ever! Of course, it is the individual student results and how we plan to improve that is most important. Contact class teachers to get feedback and set realistic improvement goals. Some Semester 1 highlights:-

   • PASS RATES 89% across the school (above target)
   • A/B RATES 50% of all given ratings (above target)
   • Maths/Science results – showed marked increase

2. Schoolwide Positive Behaviour

   We are seeing improvements in behaviour. Here are two areas to work with the school please:-

   • Respect – all of us should act respectfully and students need to learn how to do this. If respect is evident at home, it will be replicated at school.

Some exciting developments:

1. QParents

   You will be hearing more on this in the newsletter and via other communication. This real advance in communication will provide parents with simpler, quicker access to school data.

2. Innovation Projects

   We are adopting some innovative approaches to learning this semester. They will be in small (class level) groups to begin with and we will expand as we develop our methods. The aim is to commence valid 21st century learning environments that will give our students the best opportunities for future success. Much of our work here will be based on our key TNLA question, “Is life getting better in the tropics?”

3. Confucius Classroom

   We are applying to partner with University of Queensland around the teaching of Chinese language at Smithfield. Chinese will commence here in 2016 and we are working with our affiliate Primary schools to have a P-12 language program in place.

Finally can I acknowledge some of the great work being done by our students and staff in showcasing our school across the community.
As always, a privilege to be your Principal,

Barry Courtney

A Semester 1 Reporting and Parent/Teacher Interviews

At the end of Term 2, we sent Semester 1 reports via email to all parents and also emailed to parents advice of arrangements to book interviews with teachers on July 21 and 22, our Parent-Teacher Interview Nights.

We are concerned that parents who do not use email regularly, may not have seen their child’s report nor seen the information about Parent-Teacher meetings.

If you are one of these parents, please make the time to review your email Inbox and Junk Mail box for emails from the school on 25 and 26 June. Please share the report with your child once you locate it.

If you did not receive these emails, please make the time to let the office know. You can do this via text, email or a phone call. Perhaps there is an error in the email address we have in our records.

Email continues to increasingly be the major form of communication in the 21st century, and as a school we do need to ensure that our parents are receiving our communication on a range of matters.

Sue Davidson
Deputy Principal

NAIDOC WEEK July 20 to 24 2015

We acknowledge and pay respects to the traditional custodians of the lands on which our school is placed and their continuing connection to land, sea, and community. We also acknowledge and pay our respects to Elders past and present.

The NAIDOC opening ceremony, at the YMCA Marlin Coast Smithfield, on Monday 20 July, began a week of NAIDOC activities. The proceedings ran smoothly under the capable direction of Bailey McIntyre and Madison Fry. Jasmine King, the school’s Indigenous leader moved the audience with her heartfelt speech on sacred land and the importance of nurturing country.

Guest speaker and former student Jermane Herborn from Ngoonbi Cooperative Society inspired students to reach their dreams by stepping up and making good choices. Jermane and the Bama Dayal Dancers from Kuranda District State College accompanied on the didgeridoo by Astien Riley, shared Bama traditional dances. It was an outstanding performance.

Guest, staff and students were very appreciative.

The proceedings ended with the pure voices of Jasmine Tyrrell and Mayla Jacob singing Womeraka and My Island Home.

NAIDOC lunchtime activities during the week were organised by the Indigenous Leaders of Tomorrow assisted by the Indigenous Leaders of the Future. I would like to thank other Indigenous students who stepped up to help with activities and the ongoing support of staff.

Jasmine King

Mrs Joyce
Indigenous Leaders of Tomorrow Mentor Teacher

QParents is coming

Great news: Tropical North Learning Academy – Smithfield State High School is proud to be one the first schools in Queensland to offer QParents. The QParents web and mobile
application provides a more convenient, easier way for parents and legal guardians of Queensland state school students to interact with their child’s school. Parents will have secure, online access to their child’s student information, anytime, anywhere, through a smartphone, tablet or computer. QParents allows parents to connect instantly with their child’s school to access and manage their child’s student information, including:

- Attendance and absence details, as well as the ability to notify the school of an absence
- Behaviour details
- Academic report cards
- Class timetables
- Viewing unpaid invoice details, payment history, and making payments online
- Viewing and updating personal student details, including medical conditions and address
- Enrolment details

QParents will assist both staff and parents in sharing and responding to information in an efficient and effective way. We will be sending out invitations for parents to register for QParents later this term.

QParents won’t replace the traditional ways you communicate with our school, but it will provide another way to communicate with us.

**Messages from the Finance officer**

**BPAY no longer available**

Please be advised the BPay facility is no longer available when paying student invoices. BPoint has replaced BPay as Smithfield State High School’s preferred method of paying accounts. You will find details on using BPoint included on your student’s statement and invoices. Please ensure when using BPoint you include your Customer Reference Number, Invoice Number and amount to pay.

**Year 12 Formal tickets**

The Year 12 Formal is fast approaching, this year it will be held on Saturday 17 October from 6pm at the Pullman Cairns International Hotel. Formal tickets should be available for purchase week commencing August 3. Tickets are $90 per person and will need to be paid for upfront (no payment plans).

We would like to remind you all outstanding fees must be paid for or an approved school payment plan in place or your student may be unable to attend this important event for their final year of schooling.

If you are experiencing financial hardship please contact the Administration Office to book an appointment with Mr Courtney.

**Spotlight Success!**

A fantastic night of entertainment was provided by students and teachers of The ARTS Faculty on Monday night.

Congratulations to all our talented students for a well-rehearsed production. A big thank you to all our wonderful teachers who guided and mentored our students along the way!

A lovely letter was received from Mr Stuart Chapman, a new parent to the school this year, expressing his thoughts on the evening’s entertainment:

Hi Majella & Cameron

I just had the great fortune to attend the Spotlight Showcase, and I’m honestly blown away by the talent in this school.

The music was fantastic, as usual. The band in its different guises just drives these nights. Any musical night that starts with a Spencer Davis/Blues Brothers classic is going to be a good one. All the singers were amazing, but I thought Megan was incredible. Wow, what a voice! Gave me goosebumps. Jahmal was brilliant on lead. Seriously, how good is he? Not to mention the two guys on keys – just fantastic. My apologies as I hate to single anyone out, because the overall band performance was exceptional.

The dancing and choreography was brilliant. The girls obviously put a hell of a lot of work into their numbers, and it showed, but the thing that stood out most was their obvious enjoyment in what they were doing. From the touching portrayal of social pressure by Meg and Samantha to the 50’s themed fun, it all worked beautifully.

What really impressed me was the efforts of the drama group. As a relative new-comer to the school, this was my first exposure to this arm of your Arts program. The comedic talents of the students involved was way beyond their years. I’ll watch a TV sketch comedy show like “Open Slather” and barely raise a smile because it just isn’t that funny. I was laughing out loud tonight, particularly at “Elementary Dating” and “Phobias”. Some of these kids should be on TV.

The night was educational too. Apart from the fact that Tristan should never, ever perform interpretive dance in public again, I learnt many things tonight:

Ben & Jakob are dating gurus – where was this sage advice when I was 16?? I swear they’ve got their hands on a video recording of my first date.

- Littering can cause hallucinations
- Skipping breakfast and/or leaving your wife can actually kill you
- If you run into a ghost, punch it as hard as you can in the face
- Never see a Nicole Kidman movie again
- Beyonce is a lot skinnier in person, and
- I now have a growing phobia about group therapy sessions

Well done to all the music/dance/drama teachers, and a huge congrats to all the students involved. Great job! Very proud of you all. You rock!
Sexuality and Relationship Education

Please be advised this semester all students in years 7 to 10 will be undertaking sex education as part of their Health and Physical Education Studies. Our units have been developed in consultation with Family Planning Queensland and Teaching and Learning Resources for Secondary Schools. Students will be undertaking the following units. Our work program includes education around sexuality and healthy positive relationships.

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<tr>
<th>Year</th>
<th>Term 3/4</th>
<th>Description</th>
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<td>Year 7</td>
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<td>Puberty</td>
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<td>Year 8</td>
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<td>Puberty &amp; reproduction</td>
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<td>Year 9</td>
<td>Term 4</td>
<td>Contraception, sexuality, STIs &amp; relationships</td>
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<tr>
<td>Year 10</td>
<td>Term 3</td>
<td>Sexualisation and technology, contraception, homophobia and sexual &amp; social safety</td>
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Why Sex Education is part of the Smithfield State High School's curriculum

Not only is Sex Education part of the National Curriculum, Sex Educators play a vital role in providing young people with information they need to protect their health and futures.

Research suggests Sexuality and Relationships Education (SRE) has been shown to have a positive effect on behaviour, delaying the onset of sexual activity and increasing the adoption of safer sex practices (Senderowitz & Kirby, 2006). Teachers are seen by young people to be trustworthy sources of information; in many cases, other than parents, teachers are the main adults to provide SRE (Smith, Aigus, Barrett, Mitchell, & Pitts, 2009). Young people consider school to be a good environment to learn about SRE. Young people acknowledge that they draw on many sources for their SRE and yet report that teachers are high on their preferred list of sources.

For more information regarding Sexuality and Relationship Education in the school setting, please visit Family Planning Queensland.


Should you have any questions or concerns regarding these units, please feel free to contact Lauretta Dowling, Head of Department Health and Physical Education.

Nationally Collection of Data on School Students with Disability

All Australian state and territory governments have agreed to implement a nationally consistent collection of data on school students with disability. This will be an annual data collection with all schools providing data in August as part of the census collection.

Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability.

All Australian schools participate in this annual data collection. The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- broad category of disability.

While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please contact the school office on 40 584 333 to request that your child not be included in the data. Alternatively you can e-mail the school at office@smithfieldshs.eq.edu.au. Please contact the school before August 5, 2015.

Information and fact sheets are available to help you make a decision from the:


Alternatively, if you have any queries about the collection or use of this data I encourage you to contact me directly.

Barry Courtney
Principal

Tertiary Aspirations; Tropical North Learning Academy; JCU Mentoring Program,

Applications are being called for from students interested in participating in this unique program between James Cook University (JCU) and Smithfield State High School (SHSS).

A joint initiative between the SSHS Health and Physical Education Department and JCU Exercise Science Faculty

This program aims to familiarise SSHS students with JCU facilities, staff and courses. Students will be immersed in practical studies, laboratory training and testing and exposure to theoretical content and concepts of a university nature.

WHEN: Term 3 Wednesday 1.30 – 3.30, Program to commence week 3

WHO: 30 SSHS students, JCU exercise science students, JCU lecturers and department members.

This program is for year 11 and 12 students studying Senior PE and the CERT 3 in fitness considering transitioning to university in an exercise science/health/medicine pathway. This may also appeal to students interested in the following pathways; Sports Science, Sports Psychology, Health and Physical Education.
Teacher, Physiotherapist, Occupational Therapist, Rehabilitation specialist, Personal Trainer, Fitness Instructor, Recreation Officer, Sports Administrator, Sporting Development Officer, Personal training (Cert IV Fitness), Personal Training Accreditation, coaching and employment in sports administration and gym management.

Students must apply. Successful applicants will be students who are currently successful in their progression through senior schooling. Successful applicants will be announced Monday 27 July.

SSHS teachers will attend and work in collaboration with JCU personnel.

For more information please contact, Lauretta Dowling, Head of Department Health and Physical Education, phone 4058 4345 or email ldowl@eq.edu.au.

Year 12 Senior Students News

Welcome to Term 3, the most important term for seniors across the state. Although the year may only be halfway for other students, this term is very important if not a vital period for our seniors to achieve their very best results. What they attain at the end of this term will have a lasting effect on establishing the foundation for their future.

Just last Friday, our Year 12s have had their formal and informal 2015 seniors’ group photos, where it was good to see so many of them proudly wearing their senior uniform, making the entire group look very good. (Thank you seniors!)

In just a short 6 weeks (Tuesday 1 and Wednesday 2, September), all the OP eligible Year 12 students will sit for their Queensland Core Skills tests, commonly called QCS. After months of practice and tireless feedback from teachers, our seniors have had the best chance possible for the 2 day, state-wide tests.

In keeping with tradition, the Year 11 Leaders will help provide some cooked breakfast on the Tuesday for those sitting for the tests to help them begin “fully charged”.

Please note: Seniors not taking the QCS tests will attend regular classes as usual.

Please ensure our Year 12s regularly check their EQ email account with many important messages and information are delivered from our excellent Guidance Officer, Jenny Wilson and others regarding various news items.

Also a reminder:

Every day counts; if you miss a day at school, it’s your responsibility to catch-up with missed work.
It’s not too late to develop a daily study routine to ensure greater success in all subjects.

David Jarman
Year 12 Co-ordinator

Year 9 & 10 Camp

Year 9 and 10 Leadership Camp was amazing! Firstly we all hopped on the ferry at the wharf to Fitzroy Island, we all enjoyed the trip over but not as much as everything we did on the camp. Once we carted all our gear to the camp site we had a bit of a problem, because another camp group rocked up and we were already set up, but in true Smithfield spirit we moved all of our stuff to accommodate for our fellow campers.

The first activity we did was visiting the turtle rehabilitation centre, followed by snorkelling and swimming! After a quick shower and some dinner we all headed over to the secret garden track which was a great group activity for us all. When we arrived back to camp the Year 10 leaders demonstrated their leadership skills by running some games for the rest of the group. After some quick supper it was time to get some rest for the next big day ahead of us!

In the morning we all got up at our own pace while some cooked others just relaxed and enjoyed the scenery (even though it was raining!) The last activity before we left was the hike to the summit which was enjoyed by all, before a swim and the boat home. Despite the weather we made the most of being on a tropical island with Miss Cope (the coffee addict) and Mr Fleeting, who both did an amazing job organising this camp! We hope to have another camp later this year but this camp would certainly be hard to beat!

Jack Eather & Ben Smith
Year 9 Leadership Team

Year 7 Camp

During Week 10 of last term, 117 students travelled to Lake Tinaroo for three days of fun, adventure and personal development.

Students undertook a range of activities including abseiling, bushwalking, canoeing, orienteering and a low ropes course. Camping skills were certainly tested with heavy rain setting in on the first evening but the cohort demonstrated that they are made of stern stuff with spirits remaining intact if a little soggy.

Parents and carers would have been proud of their kids who were required to set up their own camp, cook for themselves and clean up afterwards. Most were able to achieve this successfully even if a few did return home slightly thinner and more appreciative of your efforts to keep them fed and healthy.

Honourable mentions must go to Cody Butt and Cara Fredericks for picking up the Spirit of Camp awards and also to Josh Rueben for the most scars acquired while away.

Special thanks to the teachers, aides, our guidance officer and chaplain for assisting with camp.
Aboriginal and Torres Strait Islander Studies

Tjapukai Aboriginal Cultural Park

On Thursday, 23 July 2015 the Aboriginal and Torres Strait Islander Studies senior class visited Tjapukai Aboriginal Cultural Park for their local area study. Students are studying Indigenous Arts and Cultural practices. These have changed over time and contribute to Australian cultural heritage and global identity. Groups and communities are identified by practices, symbols and celebrations that reflect their values, beliefs and sense of belonging.

Tjapukai Aboriginal Cultural Park is a celebration of the resilience of the Djabugay people and showcases to the world their values, beliefs and culture. Students were able to learn the Dreaming and the significance of country to the Djabugay people. Knowledge at Tjapukai is passed on traditionally through song, dance and yarning. The students would like to thank the staff for making their visit memorable and agreeing to interviews.

Hello, I’m Max Zimmer. I am from Germany and my hometown is Stuttgart, a city in the south of Germany. I am 17 years old and at home I like playing soccer. I hope that I can improve my English skills during my stay in Australia.

My name is Lara. I’m 15 years old and I live in Germany, near Stuttgart. It would be nice to make Australian friends here! I hope that my English will be better after my 3 months here and that I get to see many sites in Cairns and the rest of Australia.

My name is Giulia Barberis, I’m 16 years old but in two weeks I turn 17. My home city is Torino in the north of Italy which is near France and really close to the mountains. I have two siblings, Alessandro is my sister and Federico my brother. I’m really happy to be here and to have this opportunity. I’m sure that I’ll improve my English and I’ll meet a lot of interesting people. My host family is lovely. I’m lucky.

My name is Julianne Ockers and I’m 15 years old. I come from Stuttgart in Germany but am staying here at Kewarra Beach. I’m only staying for one term but I hope I can speak better English when I leave.

I’m Viola Borroni and I come from Milan in Italy, where I live with my mother, father, brother and sister. I’m the oldest in my family and am 17. I chose to come to Australia for 6 months to learn the language, but also to have fun, have new experiences and become more independent.

ON THE INTERNSHIP PROGRAMME

We are very pleased to welcome 15 new students to the programme this term. These students are from PNG, Norway, Italy and Germany and are all very excited to be here. They join the 21 International Students we already have enrolled here at Tropical North Learning Academy – Smithfield State High School.

My role in the programme is as the International Student Programme Co-ordinator, and I work with the students in the school setting, with regard to their daily school life including academic and pastoral care. I can be contacted in the L Block Staffroom, or 4058 4338 or druse67@eq.edu.au.

Donna Lupson is the Homestay Co-ordinator. If you have any queries about Homestay and/or how to become a provider, please contact Donna on 4058 361 or dlups0@eq.edu.au.

Along with our Study Abroad students, we welcomed sisters’ Boase and Vano Paul who have come from PNG. They are in Years 7 and 8 respectively and will stay here until they graduate Year 12.
My name is Laura Wildermuth and I’m 15 years old. I live near Stuttgart in Germany. I hope to have a very nice time here and improve my English. Of course I also hope to make new friends and see a lot of Australia.

My name is Magnus Rotnes and I am 17 years old. I come from the east coast of Norway from a city called Sandefjord. During my nine months here, I want to make new friends and memories that hopefully will be long-lasting.

My name is Federica Bologna and I come from Milan, a big city in the north of Italy. I have two sisters, one older and one younger. The older one went to New Zealand two years ago for three months, so I decided to come here. I hope to improve my English, to make new Aussie friends and learn a new culture.

My name is Pia and I am 15 years old. I come from Munster in the west of Germany. But here I live in Kewarra Beach. I am here for two terms and I hope to see many new and interesting things.

My name is Sara and I’m 17 years old. I come from Trento in Italy. There are four people in my family, including mum, dad and my little brother. His name is Denis and he is very active. My family are very important to me and they have given me this opportunity to once to Australia. I’m really happy to be in this amazing place and I’m sure that before I return home I will learn lots, and have amazing experiences that I will remember my entire life.

Hello, I’m Charlotte and I’m 15 years old. I come from Munster in Germany and I am staying here for five months. My hobbies are dancing hip hop and meeting friends. I hope to make new friends here at Smithfield and I want to improve my English.

I’m Federica Sassi and I’m 15 years old. I come from a town near Milan in the north of Italy. I have a younger brother. I hope to learn much more English, learn a new culture and make lots of new friends.

I’m Max Winckelmann from Ulm in Germany. I’m 16 years old and I like to play soccer and handball. I came to Australia to improve my English and learn more about the Australian way of life.

**Save the date!**

Preparations are currently underway for the P & C Committee’s Trivia Night fundraising event. Friday 28 August, 6:30 pm in Smithfield State High School’s library. Loads of prizes to be won! More details will be communicated via email.

**James Cook University Open Day**

The James Cook University Open Day on Sunday August 23 is an opportunity to engage the community by opening the JCU campus and showcasing the facilities. Experts are on hand to discuss course options and advice on university life. There are campus tours and fun activities for everyone. For further information please google www.jcu.edu.au/openday or call 1800 246 446.
Early School Leavers survey

The Queensland Government is conducting its annual survey of students who left school in years 10, 11 and prior to completing Year 12 during 2014. The Early School Leavers survey is a short, confidential survey that collects information about what young people are doing the year after leaving school. The information from the survey helps our schools to understand the pathways young people follow after leaving school and to plan services to support transitions into study or employment for our students.

Between July and August, our students who left school in Year 10, 11 and prior to completing Year 12 last year can expect to receive an invitation to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage early school leavers to take part.

For more information, visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587.

Annual School Opinion Survey

The annual School Opinion Survey is currently being conducted and will close this Friday 31 July 2015. All families, school staff and a random sample of students have been invited to participate. We encourage you to take this opportunity to have your say about what this school does well, and how this school can improve.

The Parent/Caregiver Survey has been sent home with the eldest child in the family. Parents/Caregivers are welcome to complete their survey online or at school. A school laptop is available in reception for parents to use.

Survey queries or requests for translations can be directed to Jayne Johnston on telephone 07 4058 4333 or email jjohn438@eq.edu.au.

A message from your School Based Police Officer

Bicycle theft in Cairns and the Northern Beaches is on the rise. Don’t be another statistic! Take a few simple steps to prevent being a victim of crime.

1. Secure your bike with a durable lock – even in the bike racks.
2. Don’t leave your bike unattended – even just for a moment.
3. Download and complete the attached Bike ID Card and keep it in a safe place. You will then have all the details Police require if you are unfortunate enough to have your bike stolen.

FROM THE SPORTSDESK

Pheeeewwww!! The students of Smithfield State High School (SSHS) certainly needed the break after a fully loaded sports calendar from terms 1 and 2. The sporting steam roller though continues this term with our students literally hitting the ground running. Our Trinity Coast North (TCN) and Barron River athletics team has been in full swing in preparing for the district carnivals with training sessions happening through the lunch hours and for those dedicated few before school as well.

Our attention will move from the 13 man game to the 15 a side version as Rugby Union becomes the main team sport on offer this term. Super coach Thomas will again be guiding the first XV. The boys have a deep desire to go one better than last year’s side (who lost the grand final) and bring the silverware home for the mighty Salties.

Coaching super duo Lever and Ah Kuoi, fresh from their open Rugby League success, will lead the younger team the U/15s. Both coaches are well versed in the intricacies of scrummaging and will look to utilise these talents to exploit less tactical teams in the opening rounds to solidify their chances of reaching a final.

REWIND

Due to the enormity of our last issue I would like to rewind just a fraction to pay most deserved recognition to some of our athletes from our inter-house carnival.

THE RECORD BREAKERS

JADA POMARE

This athletic dynamo took down a record that stood for 27 years!!! Jada ran the 100m in 12.98s breaking T. Sullivan’s mark of 13.0s set way back in the year of Expo ‘88.

MONIQUE GAMBIN

This softly spoken young lady lets her physical prowess do the talking for her. Monique blitzed the 100m field setting a new time of 12.94s breaking T. Willisons’ record set in 1992.
BEVERLEE SHABAN
Despite a lack of training leading into the competition Beverlee obliterated the shot put record by 3 metres setting a new distance of 11.92m.

ELTONIA AH-WONG
This international student made the most of her last carnival at Smithfield SHS etching her name into our record books in the shot put with a mark of 9.19m.

NICK SEMMENS
Not satisfied with 1 record for the meet Sea Bass (as he’s known to his friends) attacked the events setting 2 new school records in the 19/U age group.
Nick set new records in the High Jump-1.68m and the 200m-24.0s

CONNOR WILSON
Connor proved that height was no barrier in setting a new triple jump record. In a performance reminiscent of multiple world record holder/champion Englishman Jonathon Edwards, Wilson beat T. Hall’s 1997 record with a jump of 12.60m.

http://www.youtube.com/watch?v=nmUJ2GfVkKY
(check this performance, so similar to Connor’s on the day)

Again this term we will delve into the sporting minds of some of our school’s aspiring young athletes, investigating what motivates them to strive for success.

RISING STAR SPORTING PROFILE

LEILANI JONES
What are the sporting highlights of your career this far?
Representing Regional Australia in the Oceania Championships

What is the most enjoyable aspect of your sport/s?
Getting to go to different places and meeting new people from different countries

A typical training week for me is:
I usually train with Rhys Mapstone and his sister Tegan after school at the Yorkeys Knob State school oval. We start off with a warm up jog then work on our starting techniques also we work on our speed by doing 50m sprints - we time ourselves and create a goal

Who was/is the toughest opposition/player you compete against?
I’d have to say Grace Duffy she is my main competition

What would be the ultimate achievement for you in this sport?
Being on the Regional Australia team

A quote that motivates you:
‘The impossible and possible lies in determination’

A very astute quote from this young athlete, perhaps all of us can learn a little from her words. Do you give up too easily when you’re faced with a difficult situation? Could you push a little harder?

Alastair Yeabsley
Sports Co-ordinator