



Rockhampton Girls'
Grammar School
Est. 1892

2022

Cocurricular

Girls Grammar Term 2 Extra-Curricular and Tutorial Schedule 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
BEFORE SCHOOL		QISSN TRAINING 6.45AM-7.45AM		STRENGTH AND CONDITIONING TRAINING 6.30AM-8.00AM	NETBALL TRAINING - COMETS 7.15AM-8.00AM	SATURDAY ROWING TRAINING 7.00AM – 9.00AM
DURING SCHOOL	GET ACTIVE 12.50PM-1.15PM	GET ACTIVE 12.50PM-1.15PM	GET ACTIVE 12.50PM-1.15PM	GET ACTIVE 12.50PM-1.15PM	GET ACTIVE 12.50PM-1.15PM	
AFTER SCHOOL	OZTAG TRAINING 4.30PM-5.45PM (SCH) SENIOR CLUB OZTAG 6.00PM-8.00PM (SCH) CLUB NETBALL 5.30PM-9.00PM NETBALL TRAINING - NEPTUNES AND STARBURST 3.10PM-4.00PM NETBALL TRAINING - SATURN 3.15PM-4.30PM 12s TOUCH TRAINING 3.15PM-4.15PM	CLUB NETBALL 5.30PM-9.00PM NETBALL TRAINING - NOVA 3.10PM-4.00PM NETBALL TRAINING - ECLIPSE 3.15PM-4.30PM NETBALL TRAINING - JUPITER 3.45PM-4.45PM CATTLE CLUB/SHOW TEAM 3.15PM-5.30PM, TTP (MCB) CONCERT BAND (Yr 4-12) 3.10PM-4.10PM (DAW) SECONDARY ART CLUB 3.10PM-4.00PM (GRA)	CLUB NETBALL 5.30PM-9.00PM SENIOR CLUB TOUCH FOOTBALL 5.45PM-9.00PM (DOH, BOR) TOUCH TRAINING - GOLD 3.30PM-4.30PM (DOH) TOUCH TRAINING - NAVY 3.30PM-4.30PM (BOR) TOUCH TRAINING - WHITE 4.45PM-5.45PM GYM 3.15PM-4.15PM (BEN)	ROWING TRAINING 3.30PM-5.30PM INTERSCHOOL NETBALL 3.55PM-6.45PM NETBALL TRAINING - GALAXY 3.00PM-4.00PM CATTLE CLUB/SHOW TEAM 2.15PM-4.30PM, TTP (MCB) MUSICAL REHEARSAL 3.10PM-5.00PM (DAW) SCIENCE/BIOLOGY TUTORING (Yr 7-12) 3.15PM-4.00PM (BOR)	10s JUNIOR TOUCH TRAINING 4.45PM-5.30PM (MIT) 14s JUNIOR TOUCH TRAINING 5.45PM-8.35PM (DOH) JUNIOR TOUCH FOOTBALL 5.30PM-8.00PM (DOH) ATHLETICS TRAINING 3.30PM-4.30PM (FUL) RUNNING CLUB (Yr 5-12) 3.10PM-4.00PM (FRY) PRIMARY NETBALL (Yr 5-8) 1.00PM-3.00PM (GOL & CHU)	SUNDAY OZTAG ALL SCHOOLS TRAINING 3.00PM-5.00PM (SCH) MUSICAL REHEARSAL 2.00PM-5.00PM (DAW)



<p>BELLA VOCE 3.10PM-4.15PM (BON)</p> <p>RUGBY LEAGUE DEVELOPMENT PROGRAM 3.15PM-4.15PM (DOH)</p>	<p>MATHS TUTORING (Yr 7 - 12) 3.00PM-4.00PM (EVE)</p> <p>SENIOR SCIENCE AND MATHS TUTORING (Yr 10 - 12) 3.15PM-4.15PM (NAD, DEY, TIC)</p>	<p>MATHS TUTORING (Yr 7-12) 3.00PM-4.00PM (FUL & EVE)</p> <p>PRIMARY ART CLUB (Yr 3-8) 3.00PM-4.00PM (MER)</p> <p>HOMEWORK CLUB 3.15PM-4.00PM (WHI, SCH)</p> <p>WEDNESDAY WALKERS 3.15PM-4.00PM (GOL)</p> <p>DANCE COMPANY 3.15PM-4.15PM (HAR)</p> <p>MUSICAL DANCE COMPANY 4.15PM-5.15PM (HAR)</p>	<p>MULTI VOCE 2.10PM-3.00PM (BON)</p>	<p>PRIMARY HOCKEY (Yr 5-8) 1.00PM-3.00PM (GOL & CHU)</p> <p>SCIENCE/BIOLOGY TUTORING (Yr 7-12) 3.15PM-4.00PM (BOR)</p>	
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A-Z OF COCURRICULAR PROGRAM

All students are expected to participate in at least one Cocurricular activity each term. There is a broad range of activities to entice student interests, increase physical and creative activity and to enrich experiences.

Along with the range of cultural and sporting cocurricular offerings, there is also a wide range of academic tutorials on offer. Students can contact their subject teachers for more information regarding tutorials.

Students signing up to team activities should aim for 100% participation in trainings and games/events, however, attendance of greater than 80% is required.

ART CLUB – PRIMARY (YEARS 3 - 6)

Primary Art club will run on Wednesday afternoons and is a time for students to work creatively on their own projects or continue classroom work. This time will also provide the opportunity to try new art mediums and techniques or simply get creative and explore.

Contact Morgan Meredith MorganMeredith@rggs.qld.edu.au

ART CLUB – SECONDARY (YEARS 7 - 12)

Secondary Art club will run on Tuesday afternoons and is a time for students to work creatively on their own projects or continue classroom work. This time will also be used to complete set and decorations for the annual school musical and other school projects.

Contact Nicole Graham NicoleGraham@rggs.qld.edu.au

ATHLETICS TRAINING (AGES 10 – OPEN)

Athletics training will be held on the RGGS oval in Term 2 in preparation for the interhouse carnival. Training will be held on Friday afternoons starting in week 4. Each week sessions will focus on a different track or field discipline.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au.

BASKETBALL CLUB (YEARS 7-12)

Interschool basketball will run from Week 2 Term 1 until Week 8 Term 1 on a Tuesday afternoon in 2022. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon.

Contact Greta Doherty Sport@rggs.qld.edu.au



DANCE - PERFORMANCE COMPANY (YEARS 6 - 12)

This is an auditioned intermediate / advanced dance group suitable for students in Years 7-12. Dance supports girls who have prior dance experience or who currently study dance at School. A high level of commitment is required, as this is a performance group. It is expected that students will attend all rehearsals as well as the competitions and performances that occur throughout the year. Each member is expected to be part of the team as well as continuing to excel in the art of dance. Dance company members will also have the opportunity to become part of the annual musical. This will be an extra cost and commitment.

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au



EQUESTRIAN (YEARS 4 - 12)

To compete in Interschool competitions, you need your own horse, and you need to be a member of a Pony Club and Equestrian Australia. The School offers agistment at Bouldercombe. Information regarding Equestrian Queensland can be found here <https://www.qld.equestrian.org.au/>

Locally we run an interschool Gymkhana at Alton Downs in September. We encourage our girls to ride at the School Breast Cancer fundraiser, Bulls'n'Barrels in October.

Contact Salena McBride SalenaMcBride@rggs.qld.edu.au

GET ACTIVE (YEARS P - 6)

Get Active is a lunchtime program for Primary students which encourages students to participate in activities with other girls within the Primary School. Students are provided with a variety of sporting equipment to use in supervised games and activities. This program is an extension of the girls Physical Activity lessons. Get Active is available each lunchtime in the CAB area.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

GYM CLUB (YEARS 6 - 12)

Exercising and keeping fit can greatly help students with sleeping, concentrating, and studying. What better way to do this than to use the gym facilities at Girls Grammar. As a minimum, the gym is open for students to use once a week, under supervision. With the combination of cardiovascular, free weight, body weight and machine weight equipment, the students will have the opportunity to train for their own wellbeing and health or focus on fitness relevant to a particular sport. A personalised training program can be designed to keep the students motivated. Parent permission via Parent Lounge is required.

Contact Donna Bennett DonnaBennett@rggs.qld.edu.au



MUSIC – MULTI VOCE (YEARS 7 - 12)

This vocal ensemble is open to all students in Years 7-12 who would like to experience singing in a group. Students in the choir will learn valuable skills of teamwork, responsibility and confidence building as they prepare for performances at the Rockhampton Eisteddfod and various Girls Grammar and community functions and events. This group rehearses in Clubs time on a Thursday afternoon.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au
Jessica Dawes JessicaDawes@rggs.qld.edu.au

MUSIC – POCO VOCE (YEARS 4 - 6)

The Girls Grammar Poco Voce is a small auditioned primary student singing group who rehearses in a lunch break during the school week. They will work towards performances at school events during the year.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC – BELLA VOCE (YEARS 7 - 12)

The Bella Voce is the school's premier singing ensemble, called on to sing at many school and community events throughout the year. The group is a small, auditioned singing group from the secondary school and they rehearse Monday afternoon from 3.10pm-4.10pm. All students wishing to be involved in this ensemble must participate in Molt Voce as well.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC – FLUTE CHOIR (YEARS 7 - 12)

If student numbers allow, Flute Choir rehearsals after Concert Band on Tuesday afternoons from 4.10pm-4.30pm. Students must be at least Grade 3 AMEB flute level to join.

Contact Jessica Dawes JessicaDawes@rggs.qld.edu.au

MUSIC - CONCERT BAND (YEARS 7 - 12)

Concert Band rehearses on a Tuesday afternoon 3.10pm-4.10pm and is open to students playing woodwind, brass instruments and percussion instruments. They will work towards school events or local competitions such as the Rockhampton Eisteddfod.

Contact Jessica Dawes JessicaDawes@rggs.qld.edu.au

MUSIC - STRING ENSEMBLE (YEARS 3 - 12)

The string ensemble rehearses Tuesday 12.45pm-1.15pm and is open to all string players.

Contact Alyssa Black AlyssaBlack@rggs.qld.edu.au

NETBALL - CLUB (YEARS 2 - 12)

Rockhampton Girls Grammar School runs an inclusive netball program that ranges from Years 2 to 12. Girls have the opportunity to play in the Rockhampton Netball Association competition which is played on Monday, Tuesday and Wednesday evenings at Jardine Park netball courts. With the help of many coaches and managers, the girls will be training a minimum of once a week and have the opportunity to improve their skills all year. Trials are held at the start of the year and are open to all students.

Contact Club Netball Coordinator - Liz Curtis ClubNetball@rggs.qld.edu.au or Greta Doherty Sport@rggs.qld.edu.au



NETBALL - QISSN (YEARS 8 - 12)

Students at Girls Grammar have an opportunity to compete at an elite level in netball (Queensland Independent Secondary Schools Netball). Girls Grammar take the first team of netball to the Queensland Independent Secondary Schools Netball competition each year. The 2022 QISSN Carnival will be in Mackay from 26 June – 1 July. Trials are held at the beginning of the year and are open to all students 14 years and above. Training is scheduled twice a week leading up to the tournament with a strict attendance and commitment policy. The QISSN team will play in regional Netball competitions, such as the Sullivan's Carnival. The team also plays in the Rockhampton District Netball Club competition throughout Terms 1, 2 and 3.

Contact Greta Doherty Sport@rggs.qld.edu.au

OZTAG (YEARS 7 - 12)

Girls Grammar nominates teams into the Club Oztag competition held on Monday nights. There are two seasons. February – April and June – August. The girls will compete against other Senior Club teams. This is a community competition playing in the ladies' divisions and RGGs teams are graded based on ability level for students in Years 7-12. Teams will undertake one training session per week to develop their individual skills, game specific fitness, and team cohesion.

Contact Greta Doherty Sport@rggs.qld.edu.au

OZTAG - ALL SCHOOLS COMPETITION (YEARS 8 -12)

Girls Grammar take a Senior team away to the Queensland Oztag All Schools Carnival held on the Sunshine Coast in August each year. Trials are held late in Term 1 and training is scheduled in the lead up to the carnival which has a strict attendance and commitment policy. The team will play together in the local Club Competition for both Semester 1 and part of Semester 2. Further details are released throughout the school year.

Contact Greta Doherty Sport@rggs.qld.edu.au

PUBLIC SPEAKING (YEARS 7-12)

Oral skills are an important element at all year levels. Students are encouraged to gain confidence by developing these skills as Class Representatives on Student Committees and as School Leaders. Students also have the opportunity to be involved in Debating, School Oratory Competitions and Public Speaking Competitions organised by Service Clubs. Students who are considering applying for leadership positions are strongly encouraged to participate in the annual Girls Grammar Years 7-11 Oratory Competition. Year 12s have the opportunity to present in the annual Valedictory Competition.

Contact Lee Bartlem LeeBartlem@rggs.qld.edu.au



RGGs HIP HOP CREW (YEARS 7 - 12)

RGGs Hip Hop crew is for a group of girls who love to dance but may not have any technical training. We will be practicing routines to improve our skills and to prepare for performances around the school and at possible events. Anyone is welcome, the only requirements are enthusiasm and energy to move!

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au



ROWING (YEARS 8 -12)

Rowing sessions will be offered at school in Term 1 to new rowers and to develop fitness for returning rowers. These sessions will occur in the RGGGS Gym on a Wednesday afternoon from 3.15pm – 4.00pm starting Week 2.

The rowing coach for 2022 is Kim Byrne. Kim is a very experienced and enthusiastic coach who aims to grow the RGGGS program to a maximum of 8 participants this year. In Terms 2 and 3, training is held at the Fitzroy River Rowing course on Thursday's from 3.30-5.30pm and Saturday's from 7am-9am. The girls will have the opportunity to participate in three local regatta's held between May and September. Students may also choose to participate in other Regional, State and National regatta's as their skill levels progress. The cost of the RGGGS program for 2022 is \$487.

Contact Greta Doherty Sport@rggs.qld.edu.au

RUGBY 7'S (YEARS 7 -12)

QLD Rugby Development Officers will be attending Girls Grammar on Monday afternoons to teach fundamental ball, movement, and contact skills. Throughout the year, students will have the opportunity to participate in carnivals if they have been able to safely demonstrate the required skills at the development sessions. Students will also be able to sign up to play in the Rockhampton District Interschool Sport Schoolgirls competition, which takes place over a 5 week period in term 1. Players will need to have a Mouthguard, football boots (moulded soles, no metal tags) and personal water bottle as these items are compulsory at all training sessions and games. Other personal protective equipment can also be worn at the players discretion, such as head gear and shoulder pads. Parent Lounge approval will be a mandatory requirement due to the high risk nature of this activity.

Contact Greta Doherty GretaDoherty@rggs.qld.edu.au

RUGBY LEAGUE DEVELOPMENT (YEARS 7 -12)

NRL Development Officers will be attending Girls Grammar on Monday afternoons to demonstrate effective development drills and skills aimed at perfecting running, passing, tackling, being tackled and scrums. Our aim is to develop enough players to be able to field teams in the interschool competition in 2023.

These sessions will be full contact. Players will need to have a mouthguard, enclosed shoes (moulded soles, no metal tags) and personal water bottle as these items are compulsory at all training sessions and games. Other personal protective equipment can also be worn at the players discretion, such as head gear and shoulder pads. Parent Lounge approval will be a mandatory requirement due to the high risk nature of this activity.

Contact Greta Doherty GretaDoherty@rggs.qld.edu.au

RUNNING CLUB (YEARS 6 -12)

Sometimes after a hard week of studying and learning, the best thing to do is to go for a run. For all of those who enjoy being outside, releasing some energy, keeping fit and encouraging others, this is a club for you. With varying distances and intensities, the students can choose their own pace. Every Friday afternoon, we will be running around the cross-country track, churning up the flats and flying down the hills.

Contact John Fry JohnFry@rggs.qld.edu.au



SHOW TEAM (YEARS 7 -12)

Show Team training is held on a Tuesday afternoon (3.30-5.30pm) and a Thursday afternoon during clubs and after school (2.15 – 4.30pm). It is held during Terms 1,2,3 and only on a Thursday during clubs in Term 4. The girls will meet twice weekly after school to handle cattle, learn about judging cattle, participate in cattle handling and to maintain the Show Team equipment. The girls learn about breeds, conformation, muscling, and market suitability. Training will take place offsite at Tea Tree Park, via Bouldercombe.

Show Team formal uniform consists of clean, plain and tidy dark blue jeans, a plain belt and smooth sole boots. They will wear a light-coloured (no black) Akubra (or similar) and pink school shirt to the shows for preparation, as well as the pink check shirt for formal presentation, parading, and judging. Blazers will be worn for judging events. White coats, scarves and canes will be provided. A once off annual charge is required for Show Team members, determined by the number of students, and shows attended. A tentative list of shows that we will attend is available in the school calendar.

Contact Salena McBride SalenaMcBride@rggs.qld.edu.au

SURF LEAGUE (YEARS 7 - 12)

Held once a year the SLSQ Secondary School Surf League program has been designed to introduce students to surf lifesaving skills and competition. The SLSQ Secondary School Surf League will encompass activities relating to surf swimming, beach sprints and flags, board paddling and rescue disciplines. The format of the league will challenge and enable students to test their abilities against themselves, the environment, and students from other schools. In 2022 the league will be held at Emu Park.

Contact Vanessa Hemson VanessaHemson@rggs.qld.edu.au

SWIMMING CLUB (YEARS 4 - 12)

Fitness swimming is held in the Girls Grammar pool between 3.15pm and 4.15pm on Tuesday, Wednesday, and Thursday afternoons in Terms 1 and 4. The girls are involved in various water activities that increase their heart rate, confidence and level of safety in the water. Swimming, treading water, numerous water games and even running in the water are just some of the fun activities that we do in each session. Students in years 4-12 are invited to attend.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au



TOUCH - ALL SCHOOLS COMPETITION (YEARS 8 - 12)

Girls Grammar take a Senior team away to the All Schools Touch Carnival held on the Gold Coast each year. The competition includes Schools from throughout Queensland, with some interstate and international teams being invited should travel restrictions allow. Trials are held early in Term 2 and training is scheduled in the lead up to the carnival which is held in the first week of Term 4. The team will play together in the local Club Competition during Semester 2. Further details are released throughout the school year via school notices and email.

Contact Greta Doherty – GretaDoherty@rggs.qld.edu.au

TOUCH – SENIOR CLUB AND COMPETITIONS (YEARS 7 - 12)

Girls have the opportunity to play in the Rockhampton Touch Association competition which is played on Wednesday nights. This is a local open ladies' competition that is graded from A-D for student in Years 7-12. Teams are organised and entered in the division that best suits their ability. The Wednesday night competition plays Season 1 from February to June and Season 2 from August to November. Teams will have one training session per week.

The 'Red Rooster Carnival' is played on the first weekend in November and is open to all students 8 to 17 years of age and players do not need to play in the Club Competition to participate. Information will come out for this carnival late in term 3.

During Term 3, there is an interschool touch football competition which plays on Tuesday afternoons. This is a short season that is open to all students in years 7 - 12 and the number of teams entered will be determined by participation numbers.

Contact Greta Doherty Sport@rggs.qld.edu.au

TOUCH – JUNIOR CLUB AND COMPETITIONS (YEARS 1 - 8)

RGGS nominates teams to play in the Rockhampton Junior Touch Association competition which also has two seasons throughout the year. This competition is organised in age divisions.

Season 1 is played on Friday nights from March – June and the age divisions include 10 years and under (minimum age is 8 years), 12 years and under, and 14 years and under. Teams will also have one training session each week.

Season 2 is split across Friday nights and Saturday mornings from August – November. Saturday morning age divisions are 8 years and under, 10 years and under, and 12 years and under. The 14 years and under division is the only division played on Friday nights.

The Rockhampton Junior Touch Association also has a 6 years division on Saturday morning, however RGGS does not nominate teams in this division. These players can play in the 8 years and under team if numbers allow, however, preference is given to the girls ages 7 and 8.

The 'Red Rooster Carnival' is played on the first weekend in November and is open to all students 8 to 17 years of age and players do not need to play in the Club Competition to participate. Information will come out for this carnival late in term 3.

Contact Greta Doherty Sport@rggs.qld.edu.au



WATER POLO (YEARS 7 - 12)

Water Polo is available in Terms 1 and 4. The Rockhampton District Interschool competition consists of a Junior Mixed and Senior Girls team and is played on Monday afternoons. Open to girls Years 7-12.

Contact Vanessa Hemson VanessaHemson@rggs.qld.edu.au
Sophie Harwood SophieHarwood@rggs.qld.edu.au

WEDNESDAY WALKERS (YEARS 7 - 12)

Get over that mid-week slump by being outside, releasing some energy, having a chat and encouraging others. Beginning with smaller distances, the students can choose their own pace and increase the distance over time. Every Wednesday afternoon, we will be walking around areas close to the school based on fitness level.

Contact Jacqui Goltz JacquiGoltz@rggs.qld.edu.au

YOUNG PLAYWRIGHTS CLUB (YEARS 7 - 12)

The Young Playwrights Club is designed to foster the creative ideas of emerging playwrights, providing students with the tools they need to prepare unique theatrical works. Students meet once a week to share their progress, trial ideas and receive feedback on their writing, with prompts and challenges issued to inspire and support them as they experiment with form and style. Throughout the year, students will have the opportunity to see their works translated from the page to the stage at various school events. Club members will also prepare their pieces for submission to the Young Playwrights' Award hosted by Queensland Theatre in June.

Contact Jessica Dawes JessicaDawes@rggs.qld.edu.au

