Focus on TAS

Students in the TAS department have been involved in a variety of learning activities this term, ranging from CSU prac student Glen Lewin working with Pat Ford and Year 10 Engineering to make "Crazy Critters" to Food Technology students designing and producing designer birthday cakes.

Year 7 have been following the life cycle of their Yabbies at the Ag farm and barbecues are being manufactured in metal technology classes.

It has also been a very busy time for our senior students. The practical components of the Higher School Certificate TAS courses have been submitted for marking, much to the relief of students and their teachers.

They say that imitation is the greatest form of flattery. Brian Walsh discovered this recently when his Year 12 Construction class all became "Walshies" for the day and dressed accordingly. The boys even went out on playground duty, much to the delight of students and staff!

Yr 10 Engineering “Crazy Critter”

“Walshies” out and about!
We would like to congratulate the Year 12 students about to complete their final year of High School. We have watched as you have developed into wonderful young adults. It has been our privilege to work with many of you in the TAS area over the years and we wish you well in the up coming exams and in the future.

Leanne Batchelor (Rel) Head Teacher TAS

Below- Yr 10 engineering making “Crazy Critters”

FOOD TECHNOLOGY
Our current unit of work focuses on food for special occasions. This involves students looking at current trends in food service and food itself. As part of their formal assessment, each student is required to design, make and decorate a cake for a special occasion of their choice. This practical task enables students to showcase their creative skills while having a truckload of fun. This year, the cakes have been of a remarkable standard and very impressive. Students will have the opportunity to investigate, create and sample a variety of special occasion foods in this unit which is enjoyed by all.
Year 9 Textiles

The Year 9 Textiles class has had a great deal of fun getting in touch with their inner hippy and experimenting with different tie-dye techniques. Not only did they dye a bag that they had designed and made, but also a variety of ready made items were tied, dipped and dyed.

Hospitality and Food Technology report

It's been a busy term with our Senior Hospitality students. Year 12 have all sat their Higher School Trial examinations and are busy preparing themselves for their HSC in Term 4.

Samantha Downs completed her work placement at the Old Mill Cafe in Millthorpe earlier this year and will begin an apprenticeship there early in 2015. We wish her all the best for a successful career in her chosen trade!

A group of Year 11 Hospitality and Year 10 Food Technology students are looking forward to participating in the western culinary cook off in October.

This will be held at BMEC and is a cooking competition against schools from all around the central west.
**Timber Technology report**

**Year 9** are currently working on their upholstered stools. They have the opportunity to personalise them with their own fabric, but be sure to make it hard wearing! Projects should be completed in the near future with students able to take them home once they have been marked.

**Year 10** have been working on wooden toy vehicles. We have a range of different designs including cars, boats, trucks, planes and helicopters. Final finishes are going on some of the projects and we expect some outstanding projects on completion.

**Year 11** are working hard to complete their hall tables. They should also be thinking about projects and designs for their major work in the Higher School Certificate which starts on day one of Term 4. They are currently completing their Preliminary End of Course examinations and we wish them well.

**Year 12** have completed their major projects for the Higher School Certificate. They have been marked and are now taking pride of place at home. They are studying hard for the final examination and we wish them the best of luck for these and any future endeavours. Congratulations.

**Good Luck Year 12 Timber**

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**HSC finished products**

Right – Rachel Brooke  
Left - Trent Baker
Top left—Tom Dibley
Above—Jordan Price
Right—Daniel Ramires’ project

Year 12 Construction laying a slab in readiness for a new outdoor eating area.
Industrial Technology and Metals and Engineering report

Some of the Year 9 metalworkers are beginning to show promise as they become more involved in their current project, which has involved a number of them designing their own work and then shaping multiple components for assembly. Some students are producing braziers, whilst others are making small basket hangers. A number of them have also shown skills on the metal lathes producing a small centre or nail punch to set sizes.

Year 10 students are well along with the production of their Barby Pigs, a project that sees them recycling a gas cylinder into a portable camping heater and cooker. The boys have been very busy making a variety of components and spending a lot of time welding and grinding their projects.

The Senior Metals and Engineering students are making excellent progress on learning the skills associated with the metal industry as they undertake projects designed to show their developing TAFE accredited competencies. One or two have also been sneaking the odd small task through the room as they produce components for their cars and bikes, if they can fit into the task to the required skills parameters they are covering in the course.

These boys will be going out on Work Experience early next term and will be placed in an associated industry for a week. Several are actually enrolled in the Industry Links programme which sees them out a day a week for the rest of the year, developing their skills with host employers. It is not unusual to see these students land full time jobs as they are gaining plenty of hands on work with local employers.

Down on the Farm

Lambing has finished at the farm with great results, 22 marked lambs from 12 ewes. The Year 9 Agriculture and Year 11 Primary Industries classes compared lamb marking techniques of the knife and elastrator rings for castration and tail docking. They observed and reported on the technique and the comparative response of the lambs to the two different methods.

Our new incubator is in full operation with purebred Australorps and Silky eggs.
**News from the Principal**

**Iexplore**

I would like to publicly thank all the teachers of Bathurst High for the effort they make to transition students from Year 6 into Year 7 through our Iexplore program. Long time parents may remember that this program won a Minister’s Award for Excellence in 2009 and we are very proud of the learning experiences that we offer to all our incoming Year 5 and 6 students. It is absolutely best practice, but it would not happen without an enormous amount of goodwill and organisation from teaching and support staff. It is a testament to the commitment of the staff at Bathurst High that we are offering enrichment experiences in learning areas as diverse as creative writing, food technology visual arts, drama, dance, science, mathematics, sport and agriculture.

Parents of students who have participated in the program, universally tell me that it makes their child more confident regarding their entry into High School as well as being a wonderful learning experience. Thank you teachers, for your dedication and willingness to “go the extra mile”.

**Year 12 Presentation Assembly**

This is always one of the highlights of the year for me. It occurs on the last day of Term 3 every year and is our “graduation” ceremony. Year 12 do not attend Presentation Night in December. It is certainly emotional for parents and students as they head into a post school world. Many important members of the Bathurst community attend to hand out awards and recognise the achievements of young men and women who have reached the culmination of 13 years of primary and secondary school education.

This year will be especially notable because of two special events. Firstly, the occasional address will be delivered by a Bathurst High ex student. Lauren Stevens (Nee Beecroft) left Bathurst High School in the graduating class of 2006. That was my first year as Principal. Since then she has been living away from Bathurst completing a Physiotherapy degree and has returned to buy and own one of the local physiotherapy businesses—Jane Stephens Physiotherapy. She will give our graduands many insights into their next decade and the challenges and opportunities that are available to them. I am looking forward to her address and we will make the participation of prominent ex students a feature of our ceremonies in the future.

The second event is my chance to acknowledge Mr Baillie who is the Year 12 Advisor. Mr Baillie has been very ill for the whole year but he has had this group from the time they were doing their Iexplore transition in 2008. As a year, they have been shaped by him and his absence from much of their final year has been particularly disappointing for them and Mr Baillie. I would like to acknowledge his immense contribution to the group and the contribution of Ms Ferris and Mr Abbott who have stepped into the role so brilliantly in Year 12.

**NAPLAN Test Results**

These have been mailed to Yr 9 and Yr 7 students and their parents. Please contact the school at the start of the new term if you do not receive them. We will have the opportunity for parents and students to meet with our Learning and Support Teacher if they wish to discuss the meaning of their student’s results in the new term.

**Well Done Bathurst High**

In all sorts of ways, thank you students and staff of Bathurst High in term 3 2014. Have a restful and safe break. Year 12, study hard for that HSC. You are the only ones who can’t have a restful break.

Geoff Hastings
Principal
Future Directions
Interviews have been held and finalised at both campuses. These went extremely smoothly and I would like to acknowledge the work of Mrs Murphy and Ms Reid in managing this process. Thanks, also, to the many staff at both campuses who supported parents and students over the fortnight of interviews. As always, it was wonderful having the opportunity to meet so many parents and to work together to help ensure that every child has the best possible transition action plan as they rapidly approach the conclusion of Year 10.

Transition Tuesday
Actually occurring over Tuesday 7th October and Friday 10th October of Week 1 next term, this is the process at both campuses where Year 11 students are interviewed by the senior team to ensure that their HSC studies get off to a flying start. Attendance and achievement during the Preliminary course are reviewed and each student’s pattern of study is checked against their Transition Action Plan to ensure that they are on track to achieve their goals. Where modifications are necessary, contact is made with parents to ensure that everyone has a clear understanding about any changes.

Kids Teaching Kids
Miss Townend and Miss Burt have been working hard with Year 7 and 8 students on this wonderful initiative as part of the College’s enrichment strategy. This project, which you may have seen advertised on television recently, focuses on sustainability as a project and giving students the knowledge and confidence to teach their peers. The program started in Victoria and was initially designed for primary aged students. I believe that this is the first year that secondary students have been able to access the program. I was able to sit in on sessions delivered by our students at Eglinton Public School on Tuesday 2nd September, and it was absolutely fantastic to see how excited our students were about teaching Year 6 students about biodiversity, hydroponics and the problems associated with introduced species. They were innovative and enthusiastic, and the Year 6 students were totally engaged in the lessons.

Visiting Author Inspires Students
In June, Junior students from both campuses had the opportunity to attend a workshop with JC Burke, whose novel *The Story of Tom Brennan* won the 2006 CBC Book of the Year for Older Readers and also appears on the current HSC English Prescribed Text List. This workshop was highly-rated by students who attended, as was the session presented by Burke at the Central West HSC Seminar Day held at CSU on the following day. These workshops gained national exposure in both the September 2014 edition of *Australian Teacher Magazine* and on the Education HQ website. Check out the story at [http://www.educationhq.com.au/news/11108/students-invigorated-by-a-visit-from-engaging-australian-author-jc-burke/](http://www.educationhq.com.au/news/11108/students-invigorated-by-a-visit-from-engaging-australian-author-jc-burke/)
A Message from the Deputy Principal Middle School

As Term 3 draws to a close it was fantastic to see the outstanding learning that has taken place in the Integrated Studies course this term. Each class studied the culture, economics, travel opportunities and interesting facts in one or more countries of the world. Students were in Asia, Europe, the Middle East and America. This learning culminated in an Expo on Harmony Day. As I wandered around the class groups and questioned students about their country, I could really get a sense of their knowledge and understanding. Students enjoyed learning from each other and especially enjoyed the multicultural performances and food on offer.

The finalists in our Kids Teaching Kids day travelled to Grenfell to present their forty minute presentations to students from other schools in the region. As a practice they visited the Primary Schools and presented to the Year 6 students and their old primary school teachers. The Year 7 students thoroughly enjoyed the opportunity to return to their primary schools for a short time and their teachers enjoyed seeing the development in their students since starting high school.

A small group of students in Year 9 had the opportunity to try university for a day. They spent a day seeing what university life was like and were involved in two 2 hour workshops. This taster may encourage some of these students to strive for a position at university as they complete their schooling at Bathurst High.

Electives for Years 8 and 9 are still being finalised. Students will know their electives later in Term 4. Term 4 is a really busy term and some students find it difficult to complete all their set assignments on time. The holidays may be a good opportunity to complete some of their work or at least do some of the research required.

Congratulations to all the students who have competed in the Bathurst Eisteddfod over the past few weeks, whether they have represented the school in Music, Dance and Vocal groups or performed as an individual. These public performances give students great confidence and enjoyment.

Wishing everyone a safe and happy holiday.

Jenny Stirling
Deputy Principal
Middle School
**Congratulations Cindy McGrath**

Cindy has been selected in the NSW Under 18 NSW CHS Lawn Bowls Team to compete in Port Macquarie against RNSWBA and Academy sides. She will compete at the State Carnival in a 5-A-Side format. Two Boys and one Girls side.

Year 12 are enjoying the last weeks of their secondary schooling, culminating in the Yr 12 Final Presentation Assembly on Friday 19th September. The Leadership team is running celebration activities in the final weeks. On Tuesday 9th September, Yr 12 auctioned themselves to school staff and students to raise money for the school. The slaves performed their work on Wednesday 17th.

On Thursday 18th, Year 12 students attended all classes dressed in their primary uniforms as part of the ‘Throw Back Thursday’ theme for the day. We are looking forward to a happy, safe, respectful last week.

Year 11 will be hard at work completing their end of course exams from Monday 8th September until Friday 19th. Students have been reminded of the procedures that need to be followed if they are in the unfortunate position of becoming ill or experiencing misadventure during the examinations.

Ms Reid or myself are available to answer any queries regarding the examinations.

Year 10 continue to work hard and complete tasks. Many students are starting to organise work experience places for term 4. Students needing assistance are encouraged to speak with Mr Fox.

Best wishes for a relaxing spring holiday and all the best to Year 12 as they prepare for their HSC exams.
Dear Parent/Carer

To celebrate our Year 12 of 2014 completion of schooling, we will be holding Presentation Day Assembly on Friday 19 September, 2014 at 10.00 am in the School Gym.

It would be our pleasure if you could join us in celebrating and recognising their contribution to Bathurst High Campus throughout their school life at this formal function.

It is anticipated that the assembly will conclude around 11.45 am with morning tea to follow upstairs in the gym for all parents and supporters.

We look forward to sharing this special occasion with you.

Yours sincerely

Geoffrey Hastings
Principal

11 September, 2014
Ebin Kunnimmel is off to the Worldskills National Championships in Perth from September 17th - 22nd 2014.
Ebin was placed first in the regional competition and this has led to him being invited to participate in the National Championships. Ebin completed a school based traineeship at Eagle Boys Bathurst and has studied Retail Services as part of his HSC. He has been honing his skills for the competition through completing additional work placements at Woolworths Bathurst and at Bent Threads. A big thank you to both businesses for working with Ebin. Mrs Mendes and Ebin have been meeting regularly to prepare and he has also met with Ms Mortimer from Kelso Campus who is going to Perth as a team leader. As part of the NSW team he will get the opportunity to showcase his skills against the best from all over Australia. We wish Ebin luck in the competition. Anyone interested in following Ebin’s progress in the competition can do so on facebook.

Sharon Mendes
 Basin Champions Program

12 students from Years 7 and 8 have been involved with the Murray Darling Basin Authority during Term 3, learning how humans have caused harm to river systems. They have been interacting with scientists from the Murray Darling Basin Authority and discussing environmental issues with schools from across the state via video conference each week.

Last week the students visited the local river in Bathurst. One key finding was that there are high levels of nitrates in the river most likely from agricultural run off. The other key issue is large amounts of household garbage along the river’s edge.

The students will now make a video presentation showing their findings and this will be presented at an Australian environmental conference later this year.
SLR EXCURSIONS

Sport, Lifestyle and Recreation students in Year 11 have recently visited the Majellan Bowling Club and the Bathurst Golf Driving range as part of the practical components of their course. On 21/08/14, students enjoyed a roll-up of Lawn Bowls and learnt the finer points of the game including different match formats and scoring. Darrell Bellamy from the club was present and was so impressed with some of the skills on display he offered membership forms to all.
On 26/08/14, students participated in a golf lesson delivered by Matthew Barrett (Bathurst Golf Club Professional) at the driving range. Students were given instructions on the basics and then given an opportunity to hit irons and drivers. Each student was then given some individual instruction around their swing and feedback to improve it. Several competitions were held focusing on technique and accuracy. All students were reminded of the excellent membership deal available at the Bathurst Golf Club where juniors pay $30 and are then able to play free unlimited social golf.

Thanks again to the Majellan Bowling Club and the Bathurst Golf Driving range for the use of their facilities and to Matthew Barrett for giving his time and professional instruction.
Western Region Tennis

Bryson Richards (Year 10) and Ben Tullier (Year 9) recently participated in the Western Region Tennis trials held in Parkes. The trials are held to select a Western Region team to compete at the State Carnival held in Rockdale from Tuesday 28th – Thursday 30th October. Both boys have been strong throughout the year in both Combined High School and Astley Cup competitions and carried this form through to the trials. The boys played a number of singles matches on the day and both were pleased with their performance. Bryson was again selected as a member of the Western Region team and will compete at the State Carnival for the second year in a row. Playing in his first Western Region trial, Ben enjoyed the experience and competition and was selected as first reserve. This means Ben will play in the State Carnival in the event of a withdrawal and this caps off a great year of development for him. No doubt being only in Year 9 he will be on the radar of selectors next year.

Congratulations to both boys and we wish Bryson the best of luck at the State Carnival.
Kids Teaching Kids – Year 7 Denison College Enrichment Program

Throughout Terms 2 and 3, Students from 7D have been involved in the Denison College, Kids Teaching Kids Enrichment program, a cross-campus, project-based learning initiative that required students to choose a topic, research it thoroughly and develop a workshop to teach other students about environmental concerns, in particular issues based around sustainable agriculture.

The result of this project was the workshop showcase day that was held at Bathurst High Campus Gym on 25th August. All eight groups were required to present their workshop to teachers, parents and to each other and were critiqued on both their information and presentation quality. The students covered topics including water sustainability, hydroponics, aquaculture and paddock to plate, using science experiments, theatrical performances, songs, comedy and sporting activities to teach each other.

From this showcase 2 groups have been selected to represent the school at the Kids Teaching Kids Regional Secondary Schools Conference at Grenfell on 10th September. As a rehearsal for this event the students selected will also tour our feeder primary schools to present their workshops to the year 6 students.

Well done to all of the students involved in the program.
College Enrichment in Action

This Term has seen a range of enrichment activities taking place across both campuses of Denison College. Students from Years 7 to 9 have had access to new experiences beyond the classroom to expand and develop their skills.

Drama Video Conference

A group of enthusiastic Year 7 and 8 students tuned into a video conference from the Sydney Opera House for an interactive drama workshop on 26 August. The students had access to a professional actor from Monkey Baa Theatre who introduced them to the Given Circumstances, one of the fundamentals to acting.

After some fun warm up activities focusing on breathing, movement and voice, the students asked themselves three key questions:

- Who is my character?
- Where is my character?
- What do they want?

With this in mind, they acted out various scenarios. For some students this was their first drama experience, while others added to their repertoire. It was a fun morning for all involved and a great example for how technology can connect Denison College to experts and experiences.

Probus Debating

The College was lucky to receive an invitation from the Probus Club of Bathurst to put on a demonstration debate at their meeting on Wednesday 3 September. Four Year 9 students from each campus were selected to take part – Emily Geerkens, Mark Day, Chris Peachey and Lachlan Smith from Kelso and Grace Finlayson, Gunnar Scott, Aiden Carstens and Sourin Sadrzadeh from Bathurst.

The eight students gathered at Bathurst High Campus for a day of training with former Kelso student and newly qualified teacher Rohan Faye.

During the day, they formed cross-campus teams and worked on developing their debating techniques. The following day at Bathurst Panthers Club, the students debated a thought-provoking topic: Should voluntary euthanasia be legalised?

Both sides spoke confidently, presenting strong arguments but the affirmative were declared the winners. The debate was very well-received by the Probus Club members and the debaters were impeccable ambassadors for Denison College.

Sourin Sadrzadeh, Aiden Carstens, Grace Finlayson and Gunnar Scott.
Creative Arts

Year 12 Photography and Visual Arts

It was wonderful to see such a large audience attend the Year 12 Photography and Visual Arts major works display night. The works are a spectacular showcase of the last six years of their schooling achievement. Each student has worked tirelessly to develop their abilities, and this dedication was rewarded with resounding praise from all those in attendance.

Staff and Students from Year 12 Photography, Video and Digital Imaging: Rebecca Ryan, Josh Martin, Bernadette Wood, Christa Pilon, James Ferguson, Mariah Northey

Creative Arts cont......

Bathurst High Campus Visual arts and photography teachers: Aleeah Maffesoni, James Ferguson and Bernadette Wood.

Music
The annual Bathurst Eisteddfod took place recently at the Bathurst Memorial Entertainment Centre with Bathurst High Music ensembles enjoying success in a number of sections. Our three Jazz Ensembles Swing Factor, Serious Fun and Chill Factor were awarded first, second and third respectively in the Secondary Schools Stage Band section. Swing Factor unfortunately had their nine year winning streak broken in the Open Stage Band section but still managed a third place.
The Vocal Group was successful in the Secondary Vocal Section gaining a first place with a confident and professional performance. Many students were also successful in individual sections. Congratulations to all involved!

NSW Band Festival
Swing Factor performed on Sunday 7th of September at the NSW Band Festival in the Premier Big Band Division. Entry to this division is by invitation only and only the top bands in the state are invited. Swing Factor was the only non-Sydney band in the section with other competing bands coming from Selective and Performing Arts schools. Swing Factor was awarded a gold medal for their performance. Well done to all members and their supportive families.
Vocal Group were highly successful in their recent entries at the Bathurst Eisteddfod at the end of August, taking out First Place in the Secondary School Choir section. The students performed against stand out school choirs and were commended for their fantastic work as an ensemble and stunning harmonies. Our Vocal Group were also fortunate to be given the opportunity to band with the Stannies Choir to perform in this same section, to which our students did really well, performing with only two weeks to learn the new pieces. The students found this year’s Eisteddfod experience to be really beneficial and we are now working towards a Vocal Showcase evening to show our students and their amazing talent. It is a pleasure working each week with such enthusiastic and talented students and we are always open to any new students who may be interested in joining. Rehearsals are held every Thursday from 3:30pm to 4:30pm in K13.

Library News

BATHURST HIGH’S EBOOK LENDING PLATFORM IS HERE!
Go to: http://bhc.wheelers.co/ to register for borrowing.
Coming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>19 September 2014</td>
<td>Year 12 Presentation Assembly 10am</td>
</tr>
<tr>
<td>19 September 2014</td>
<td>Last day of Term 3</td>
</tr>
<tr>
<td>6 October 2014</td>
<td>Term 4 commences for all students</td>
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<tr>
<td>13 October 2014</td>
<td>HSC commences</td>
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<tr>
<td>17 October 2014</td>
<td>BHC Trivia night 7pm</td>
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<tr>
<td>14 November 2014</td>
<td>Year 12 Graduation</td>
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Please note....

P & C

Bathurst High Campus P&C meets the 1st Wednesday of each month. Our next meeting will be on Wednesday 5th November in the staffroom at 7.30pm. Hope to see you there.

Prizes for Annual P&C Trivia Night

The annual BHC P&C Trivia Night will be held on Friday 17th October (see flyer attached for details). This is the major fundraiser for the P&C and we need lots of prizes to make the night a big success. If any members of the school community can help us by donating prizes it would be much appreciated. Prizes can be big or small – gift vouchers or gift baskets are great (but if someone wants to donate a car or a holiday that would be fantastic too!). Prizes can be left at the office. All money raised goes to support our school.

Community Notices

Denison College of Secondary Education—Bathurst High Campus—www.bathurst-h.schools.nsw.edu.au
Denison College
Bathurst High Campus
P&C Association

Annual Trivia Night

Friday 17th October

7pm for 7.30 start

BHC Gym (Piper St)

BYO Supper
Adults $15, Students $5
Book Tables at School Office

All Welcome, Have Fun, Win Prizes, Support Your School!
The Bathurst Academy of Music is now taking enrolments for contemporary singing lessons with Abby Smith, a highly experienced and passionate vocalist, songwriter and vocal coach.

Singing lessons cover a broad range of techniques with the emphasis on nurturing a true understanding and love for singing and music, through focusing on genres and songs that fit each student’s individual tastes.

Students will gain a knowledge and understanding of essential singing techniques including:

- Breathing
- Vocal health (learning how to warm-up)
- Finding your true voice
- Performance and mic technique
- Song meaning and content
- General music theory and how it applies to vocalists

Enrolments welcome for children aged between 7-18.

Lessons are available at Bathurst High School on Fridays or at our studio in Bathurst.

Please contact Abby Smith at:

Email: abby.smith.artist@gmail.com

Phone: 0439 747 943

Other instruments offered at the Bathurst Academy Of Music include:

- Guitar
- Bass
- Drums
- Violin
- Cello
- Piano

Contact Mickey Pye: 0437 601 567
Community Notices

Bathurst Junior Touch Football Competition

We are looking for Boy and Girl Junior teams from Year 3, Year 4, Year 5, Year 6, Year 7 and Year 8.

Venue: To be held at Learmonth Park from 4.30 pm each Monday for 30 minute games

Starts: 27 October 2014. Finishes: 16 February 2015 (with a break over Christmas)

Nominations period – Opens 12 September to 20 October 2014 – Team registrations can be completed online at: Bathurst-touch-football.asn.au

Cost: $250 per team ($25 per player across 10 player team)

Each team requires a Coach/Manager who can also referee. Basic referee courses (level 1) are provided at no additional cost.

More Information: contact Gerard Lang – Junior Coordinator on 0439 331 231

Holiday Squad Clinic

Monday 22—Friday 26 September 2014
12pm - 3pm
CALL NOW TO BOOK 6331 3333

Designed for kids 8 and over. This clinic is designed to help children better understand competitive swimming and how to get the most out of each training session.

The requirements for this clinic are: the child is 8 or over and can swim at least 50m of Freestyle, Backstroke and Breaststroke.

MONDAY — How and why to warm up before a session
TUESDAY — Commitment and goal setting
WEDNESDAY — Development Training with Guest Coach Paul Dobson
THURSDAY — Drills, tips and tricks
FRIDAY — “Aim high and stay active for life” Guest Coach Hamid Mobarrez

Please Note: Children are asked to bring swimmers, fins, towel, drink bottle, and appropriate clothing for land based training.
Community Notices

BATHURST CYCLING CLUB
P.O. Box 317, BATHURST, NSW AUSTRALIA 2795.
www.bathurstcyclingclub.com.au

Bathurst Cycling Club
Junior Development Officer
Damien Bennett
PO Box 317
BATHURST NSW 2795

Tuesday 9 September 2014

Dear Sir/Madam

The Bathurst Cycling Club prides itself on providing a friendly and fun environment for people of all ages to enjoy cycling.

The Bathurst Cycling Club offers skills training for all skill levels via a 4 weeks course, commencing on Thursday 16th October 2014 starting at 4:00pm until 5:30 pm and then for successive Thursdays until completion on the 6th November 2014. Registration afternoons will be held on Tuesday 7th Oct and Thursday 9th Oct November at 4pm at the Bathurst Sportsground in lower Howick Street. Or register your interest by email to bathurst.junior.cycling@gmail.com.

Coaching is provided by Cycling Australia accredited coaches in a safe environment. Limited places are available so we ask interested parents to contact the numbers provided below to register their interest.

Following successful completion of the 4 weeks skill cycle course, riders can then progress to joining their age group for racing with the club.

Training Membership is $16 (at this stage, cycling Australia usually puts it up a dollar or two each year) for children aged 5 years to 12 years, which covers insurance. Older riders will be asked to register through Cycling Australia www.cycling.org.au.

It would be appreciated if your school would be able to place information in your school newsletter letting the school community know about the fun to be had participating in cycling.

For further information and expressions of interest please contact:
Damien Bennett on 0432 987 990 or
Marlan Renshaw on 0427 011 802.

Kind Regards

Damien Bennett
Bathurst Cycling Club
Junior Development Officer
0432 987 990
ENROL NOW

Every child that enrolls into the Bathurst Aquatic Centres Learn to Swim Program before the end of September 2014 will receive a **FREE 20 VISIT PASS**!

Don’t miss out!
Call now on 6331 333 to book

The Best Holidays Happen at Camp

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, rockclimbing, crafts, cooking or flying fox. You’re sure to find a camp that suits all needs.

facebook.com/nswsportandrecreation

Kids’ Camps from $45 per day

Denison College of Secondary Education—Bathurst High Campus—www.bathurst-h.schools.nsw.edu.au
Basic Event Instruction Course (BEIC),
Getting Started in Little Athletics

Central Tablelands Zone
Hosted By: Bathurst Little Athletics
Morse Park (near Visitors Centre) Bathurst
21 September 2014 at 10.00am to approx. 1.00 pm

- Have you ever wanted to help at your Little Athletics Centre but not known how?
- Has your local centre ever asked for volunteers and you stood back because you didn’t want to make a mistake?
- Has your child ever asked for basic event assistance and you didn’t know how to help them?

If you answered YES to any of these questions, then this course is for you!

To do this course you don’t need to have any prior knowledge of Little Athletics; all you need is a willingness to learn. ‘Basic Event Instruction’ is a term used to encompass the essentials you need to know about how to conduct an event at the ‘how not to get disqualified level’.

The course also dispels some common myths and misconceptions about each of the Little Athletics events.

The majority of the course is practical, with some theory involved. The atmosphere of the course is fun and non-threatening, making it a day where people can feel relaxed and motivated by what they learn. It is also nice to know that there is no exam and no cost is involved.

What are the course topics?

**TRACK:** Running, Hurdles, Walks, Relays, Starting, Timekeeping

**FIELD - THROWS:** Shot, Discus, Javelin

**FIELD – JUMPS:** High Jump, Long Jump, Triple Jump

(It is **not** a coaching course or an official’s course but one that is a raw starting point for the first time parent).

Any questions please contact Bathurst Little Athletics 0402 014 759 Belinda Ireland or Veronica Amor (Central Tablelands Zone Coordinator) on 0427 621 823
Saturday 25th October 2014

HEARTKIDS Rugby Cup & Clinic

Time: 10am - 12.30pm
Cost: $40
Venue: Emus Rugby Club,
Woodward Street Orange NSW

All registrations must be submitted by 3rd October 2014
Suitable for children aged between 5-15yrs and
caters for all abilities

For more details or a registration form
contact Mardi on 0416 112 885
or email samantha@life-studio.com.au

All money raise goes to ‘HEARTKIDS’
supporting children born with heart disease

Exhibition match between Deadwood Rugby
Club & Central West Invitational Players
Time: 3.30pm
Admission: $5