PRIMARY SWIMMING

Congratulations to our Primary Swimming Champions announced at the swimming assembly last Friday.

<table>
<thead>
<tr>
<th>CHAMPION</th>
<th>RUNNER UP</th>
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<tbody>
<tr>
<td>Grade 3 Girls</td>
<td>Claudia Barnes</td>
</tr>
<tr>
<td>Grade 3 Boys</td>
<td>Mitchell Harris</td>
</tr>
<tr>
<td>Grade 4 Girls</td>
<td>Mahala Fannon</td>
</tr>
<tr>
<td>Grade 4 Boys</td>
<td>Isaac Pearsall</td>
</tr>
<tr>
<td>Grade 5 Girls</td>
<td>Paola Facchin</td>
</tr>
<tr>
<td>Grade 5 Boys</td>
<td>Abraham Ngawhare</td>
</tr>
<tr>
<td>Grade 6 Girls</td>
<td>Arjian Ahearne</td>
</tr>
<tr>
<td>Grade 6 Boys</td>
<td>Jarred Todorovic</td>
</tr>
</tbody>
</table>

Final House Points:
Delaney        519pts
Quinlan        420pts
Julian         401pts
Xavier         269pts

SECONDARY SWIMMING

Our school swimming team was a credit to the College at the recent southern SATIS and state SATIS carnivals held in Hobart and Launceston respectively. The two months of early morning training paid off with all members of the team swimming faster times than those recorded which saw them make the school team. Alex Sella, Reo Dante Lazaro, Elise Ringwald and Krista Nichols led the team with pride and commitment and are to be congratulated on being the swim team captains for 2010. There were some outstanding individual performances.

Congratulations to Reo Dante Lazaro

Southern Carnival
- 1st Under 16 50m Freestyle
- 1st Under 16 50m Breaststroke
- 1st Under 16 50m Backstroke
- 1st Under 16 100m Freestyle
- 2nd Under 16 50m Butterfly

State Carnival
- 1st Under 16 50m Freestyle
- 1st Under 16 100m Freestyle
- 3rd Under 16 50m Backstroke

Boys Under 16 Relay Team consisting of Reo Dante Lazaro, Michael Bidgood, Ryan Pettit, Alex Sella

Southern Carnival—2nd 4x50m Freestyle Relay

Alex Sella—Southern Carnival 2nd 50m Breaststroke

A big thank you to Kaitlynne Sullivan, Ashleigh Carr and Nikki Salter who had to step up and swim out of age group in several events. These girls were fantastic role models for all at Sacred Heart College.

I would like to personally thank all members of the team and their families for coming to training three mornings a week and representing the College so well at both Carnivals.

Thank you also to Mr Mills, Mrs Long and Mr Grant for their support. Mrs Anne Steele  Swimming Coach
SECONDARY SPORT
24 HOUR MOUNTAIN BIKE RACE
Last weekend 5 boys, James Westwood, Tim Keith, Simon McLaine, Ben Eyles and Ryan Pettit entered the school section of the Kellevie 24 hour mountain bike race. The event, which attracted approximately 300 open and school age competitors, began at 12pm on Saturday and finished at 12pm the following day after a gruelling night riding around a purpose built, 9.5km cross country track built in the bushland just south of Hobart.

Our students performed particularly well throughout the night when the event was at its toughest. With lights mounted on helmets, they took it in turn to pedal through the light rain and wind and by morning had improved their position from 5th to 2nd. The boys were able to maintain this position throughout the morning and finished the race in 2nd place behind a Guilford Young College team. It was a fine effort!

Many thanks to the Westwood, Keith, Eyles and McLaine families who were all a terrific support throughout the race. A special mention to recognise Mr Gordon Keith who, after a couple of years assisting our teams decided to compete this year. He rode solo and produced a stellar effort in completing 12 laps in the 24 hours.

SECONDARY PHYSICAL EDUCATION
Students have begun the year in Physical Education with fitness testing and there has been some outstanding results across all year groups. Congratulations also to the staff completing the beep test and showing the students how it is done!!! As the term progresses students will be preparing for the Athletics and Cross Country Carnivals during Physical Education.

Uniform has been of a high standard as a whole, however some students have needed to be reminded about appropriate footwear. As the uniform policy states "school shoes should be supportive, predominantly white in colour or colours sympathetic with the uniform colours. Suede or skateboard shoes, Dunlop Volleys, basket ball boots etc. are not to be worn."

Please not this includes Futsal boots as they are designed for indoor soccer not outdoor physical education lessons. If students have specialist footwear for the sport they are studying they may bring them along and wear them in physical education lessons only.

If you have any questions regarding this then please do not hesitate to contact me at the College.
Mrs Adelle Macdonald
Secondary Physical Education Co-ordinator

HOBART SCHOOL FUTSAL TITLES
Congratulations to all the students who recently competed in the Vikings Hobart School Futsal titles. A special mention of the boys 14 year old team consisting of Connor Brownless, Josh Dingjan, Alex Bellini, Nick Becker, Xavier Dyble and Zac Harris who went on to win the age group. Also thanks to the parents who took the time out of their day to coach and manage the teams. Mrs Frances Harris