2026

SENIOR SCHOOL SPORT HANDBOOK

MERIDEN
AN ANGLICAN SCHOOL FOR GIRLS

Meriden girls make their *marks.*

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SPORT AT MERIDEN

AT MERIDEN, STUDENTS ARE PROVIDED WITH THE OPPORTUNITY TO STRIVE FOR EXCELLENCE WITHIN THEIR CHOSEN SPORT.

Our programs are designed to help the needs of beginners through to student-athletes who compete at an elite level and who are supported by our Olympus Program.

The School has students who compete at national and international levels across a range of disciplines including Athletics, Badminton, Golf, Basketball, Skiing, Swimming, Tennis and Water Polo.

Sport is an important part of school life at Meriden and can assist in a girl's rapid integration into the school culture. Through sport, students can become confident, responsible, well-rounded and resilient.

Meriden participates in the Independent Girls Schools Association (IGSA), along with other invitational competitions. Each year, IGSA hosts Saturday morning sporting competitions and annual championships.

Students who register for a Saturday sport have one or two training sessions per week, either from 3:30pm to 5:00pm or a morning session from 6:45am or 7:00am to 8:00am. Training session days, times and venues are published on the Meriden App a few weeks prior to the season commencing.

Students need to be available to play a Saturday morning match between the hours of 7:30am and 12:30pm and are expected to attend all training sessions and matches. Matches are played at various venues throughout the Sydney Metropolitan area based on the schools participating in the competition. Frensham School at Mittagong is a possible Saturday morning venue.

Throughout the year, students have the opportunity if selected to represent Meriden at the IGSA Athletics, Cross Country, Tildesley Tennis, Swimming and Diving Championships.

Listed in this booklet is information to help guide you through sport opportunities at Meriden. For further information, parents are encouraged to contact the Sports Office on 9752 9429 or email sport@meriden.nsw.edu.au

STAFF

Meriden's sports staff are professionals who have achieved significant results in their chosen sports. The sports team is dedicated to teaching and inspiring our students to achieve their potential.

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Ms Chloe Wilcox
HEAD COACH – AQUATICS
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OLYMPUS PROGRAM

Meriden's Olympus Program is designed to help cater for our student-athletes who compete at an elite level.

Students receive access to group sessions with highly esteemed guest speakers throughout the year. These sessions focus on sport-related issues, covering topics such as nutrition, injury prevention, time management, resilience and sport psychology.

Elite sports students have the option of choosing the Finding Time elective in Years 8–10. During this elective, they are permitted to work on their core subjects, under the supervision of a specialist teacher, to 'free-up' time for training.

The School's learning platform, eVe, supports the students while they train and compete interstate or overseas.

Elite sports students can also enjoy access to the School's Fitness Centre, where they receive personalised strength and conditioning programs overseen by Head Coach – Strength and Conditioning and Olympus Program Coordinator, Mr Stelios Pikoulas (Strength and Conditioning Coach to Australia's Young Socceroos).

For further information about the Olympus Program, contact Mr Stelios Pikoulas, Olympus Program Coordinator, on 9752 9444 or email spikoulas@meriden.nsw.edu.au

OLYMPUS FUTURES

For further information about the Olympus Futures Program, contact Mr Ryan Richards, Head of Tertiary Pathways, on 9752 9444 or email rrichards@meriden.nsw.edu.au

Meriden has a proud tradition of developing sports champions.

The School's commitment to supporting both the academic and sporting needs of girls attracts students who play sport at state, national and international level.

Many Meriden girls continue to excel at sport after completing their education at Meriden. In recent years, Meriden students have earned places at some of the world's leading academic and sporting institutions.

The Olympus Futures program was established to expand opportunities for Meriden's elite sports students beyond secondary school and to assist them in directing their learning to achieve their tertiary study goals.

Meriden has formed associations with a number of renowned overseas universities to facilitate a smooth transition for Meriden graduates into that institution's tertiary sporting and academic environments.

The Olympus Futures program provides advice and guidance in selecting a suitable tertiary institution, and identifying and applying for international university/collegiate scholarships. It also assists girls to accelerate development in their sport for national and international representation. The guidance is tailored to the individual needs and goals of each student.

MERIDEN TENNIS ACADEMY

Meriden has a proud record of achievement in tennis, from winning the prestigious Tildesley Tennis tournament every consecutive year since 2010, to producing players who have progressed to major tournaments such as Wimbledon and the Australian Open.

The Academy offers a range of programs that cater for players from first-timers through to Australian-ranked players (and every level in between).

Students have access to world-class coaches with a wealth of experience.

The Tennis Academy aims to develop:

– outstanding tennis skills
– physical and emotional fitness and stamina
– teamwork skills
– the desire to strive for excellence
– uncompromising values of sportsmanship, commitment and generosity.

While tennis coaching is available to everyone in the local community, priority is given to Meriden students.

For further information about the Meriden Tennis Academy contact Mr Brian Ly, Head Coach – Tennis, on 9752 9456 or email bly@meriden.nsw.edu.au

BADMINTON ACADEMY

Meriden introduced badminton as a sport in 2017. Since that time, the program has experienced significant growth in participation and impressive levels of performance, with several Meriden athletes achieving success at the national and international level.

The Badminton Academy offers training throughout the year to ensure students have every opportunity to develop in the highly-technical sport of badminton. The program aims to develop talented young players by providing them with the technical skills and understanding of the game which will lead to selection in state, national and international pathways.

Students will have access to highly experienced coaches, including 2024 Olympians Ms Setyana Mapasa and Ms Tiffany Ho, two-time Olympian, Ms Poon Lok Yan, Oceania champions, and members of the Australian World Championships and Commonwealth Games teams. Our coaches regularly undertake internationally-recognised programs for professional badminton development.

The Badminton Academy supports our athletes to achieve their goals. At Meriden, we are committed to growing the sport of badminton in Australia.

For further information about the Badminton Academy, contact the Head Coach – Badminton, Mr Patrick Hii, on 9752 9444 or email phii@meriden.nsw.edu.au.

ATHLETICS

The Meriden Athletics program develops students' athletic potential across all disciplines.

Training is held at Sydney Olympic Park and is aimed towards competing at the annual IGSA and NSWCIS Championships. Other competition opportunities include the NSW All Schools Championships, NSW Schools Challenge and Relay competitions and Little Athletics or Athletics NSW competitions.

In addition, training sessions are conducted for girls who wish to improve their athletic skills and general fitness, but do not wish to compete.

Additional holiday training and strength and conditioning sessions are also offered to selected students.

An opportunity is available for Meriden students to compete as part of the Trinity Athletics Club during Terms 1 and 4.

Club competitions allow girls to compete in all athletics events against girls of their own age group and similar ability (a minimum of two events during each competition is required).

The Athletics program is run by three-time Olympian, Mrs Nicole Boegman-Stewart, who oversees a team of coaches with significant international experience including World Championships, World University Games, the Commonwealth Games and the 2024 Olympic Games.

For further information about the Athletics program, contact Mrs Nicole Boegman-Stewart, Head Coach – Athletics, on 9752 9429 or email nboegmanstewart@meriden.nsw.edu.au

WATER POLO

The Meriden Water Polo program aims to develop all skill levels and abilities while continually striving for state, national and international success for our elite athletes.

Training is held at the Meriden pool and Ashfield and Auburn Aquatic Centres.

Students compete in IGSA Term 1 and Term 4 competitions.

The program includes year-round training and playing opportunities for students.

Additional holiday sessions are also offered to selected students.

The program strongly encourages aspiring water polo athletes to join a club to gain increased exposure to high level training and game opportunities. Water polo at Meriden has a successful history with numerous Meriden students representing Australia at the youth, junior and senior levels.

The program is run by Great Britain Olympian, Miss Chloe Wilcox, with the support of other specialist coaches, including past and present members of the Aussie Stingers Team.

For further information about the Water Polo program, contact Miss Chloe Wilcox, Head Coach – Aquatics, on 9752 9429 or email cwilcox@meriden.nsw.edu.au

FOOTBALL

Football, or soccer, is one of Australia's fastest-growing sports, with a massive number of participants. The sport is known for combining skill, strategy and teamwork to create an exciting spectacle. In 2023, the Matildas' success at the FIFA Women's World Cup increased awareness of the remarkable young female talent in Australia.

The Meriden Football program has seen immense growth over the last two years and is now offered year-round.

Programs and Competitions

PRE-SEASON TRAINING:
A pre-season program is held in Terms 1 and 4 to prepare players for the IGSA competition.

GRADED COMPETITIONS:
Graded competitions are held in Terms 2 and 3, including a Championship and an Invitational competition. Girls are placed with teammates and opponents of similar skill levels to ensure they have fun and get the most out of their football experience.

HOLIDAY PROGRAMS:
School holiday sessions, together with entry into holiday competitions, are offered.

HIGH-PERFORMANCE PROGRAM:
For girls with aspirations to pursue the sport further, a high-performance program is available to help them develop and to prepare them for the rigors of professional sport.

Coaching and Staff

Our coaches have experience at national and semi-professional levels, ensuring high-quality training. We also offer specific goalkeeper training and strength and conditioning training led by staff with domestic and international professional sports experience.

Training sessions are held at Strathfield Park two mornings a week. Our program aims to help players of all levels develop their skills, teamwork, and friendships while guiding them toward good values in sport.

Meriden's recent achievements in Football have included winning the SACS x Sydney FC Cup and finishing as runner-up in the 2025 IGSA Championship.

For further information about the Football program, contact James Spanoudakis, Head Coach – Football, on 9752 9429 or email jspanoudakis@meriden.nsw.edu.au

SATURDAY SPORT

TRIALS, TEAM LISTS AND SPORT DRAWS

All students who trial for a Saturday sport are placed into a graded team at Meriden, regardless of their ability.

Trials for Saturday sports are usually held mid-way through the previous term, and training commences in the last week of the term prior to the sport commencing. For example, if a student is registered to play Term 3 IGSA Netball, she will trial mid-way through Term 2 and complete her first training session in the last week of Term 2.

All Saturday sport team lists are posted on the Meriden App. The draws, playing dates and venue information are published on the Meriden App and relevant eVe pages two weeks before the season commences. If there are changes during the term, a notification will be published via the Meriden App.

TRANSPORT

Depending on the sport, one way or return buses are often provided to offsite venues for sport training sessions. For afternoon sessions, buses depart at 3:25pm and arrive back at school by 5:30pm.

For Saturday matches, students must arrange their own transport to and from venues. If students have difficulty in arranging transport, their first option is to arrange a lift with a team mate. Their second option is to seek assistance from the Sports Department at least three days before the match.

SPORT FEES (PER TERM)

SATURDAY SPORT CHARGES

1–2 sessions per week including Saturday matches – $175

MID-WEEK SPORT CHARGES

1 session per week for the term – $130
2 sessions per week for the term – $155

Note: Fees may be subject to change.

SPORT SELECTIONS

At Meriden, every student in Years 7, 8 and 9 must participate in sport during the year. Students are required to accumulate a minimum of two (2) sporting points in 2025, which is the equivalent of two Saturday sports. Students must attend more than 80% of sessions to accumulate points. The following table lists the sports on offer each term, together with the commitment required and the points allocated to each category.

	Saturday Sports	Mid-Week Sports
TERM 1	IGSA Tennis (Championship)	Athletics Squad and General Training
	IGSA Water Polo (Invitational)	Cross Country
	IGSA Badminton (Championship)	Diving
	Volleyball (Championship)	Pre-Season Basketball
		Pre-Season Football
		Student Fitness
		Swim Fitness
TERM 2	IGSA Basketball (Championship)	Athletics Squad and General Training
	IGSA Football (Championship)	Badminton Academy
		Cross Country (Squad)
		Diving
		Pre-Season Netball
		Student Fitness
		Swim Fitness
		Water Polo Squad and General Training

	Saturday Sports	Mid-Week Sports
TERM 3	IGSA Netball (Championship)	Athletics Squad and General Training
	IGSA Football (Invitational)	Badminton Competition
		Diving
		Pre-Season Touch Football
		Pre-Season Volleyball
		Water Polo Squad and General Training
		Student Fitness
		Swim Fitness

TERM 4	IGSA Touch Football (Championship)	Athletics Squad and General Training
	IGSA Water Polo (Championship)	Badminton Academy
	Volleyball (Championship)	Diving
		Student Fitness
		Swim Fitness

SPORTING POINTS:

IGSA Saturday Sport — One or two training sessions and a Saturday match = 1 point per term

Mid-week Sport — Lunchtime training = 0.25 points per session
Before/after school = 0.5 points per session

Note: If a student is unable to fulfil the requirement for school sport due to her sporting commitments outside school, an application for Exemption from Sport should be obtained from the Sports Office and submitted for approval.

BASKETBALL

Basketball is a fast-paced and exhilarating team sport that combines elements of strategy, athleticism and teamwork, making it one of the most popular and widely-played sports in the world.

At Meriden, girls get the opportunity to participate in basketball with options of pre-season training beginning in Term 1 and the IGSA Saturday competition in Term 2.

All participants have the opportunity to develop their skills and fitness levels through a quality coaching program led by our specialist coaches. The program is overseen by Mr Bruce Bolden, a former American professional Basketball player, who played in the NBL in Australia for 17 years, winning a Championship with the South East Melbourne Magic in 1992. That same year he was named MVP in the NBL Grand Final.

CROSS COUNTRY

Cross Country is a challenging and invigorating long-distance running sport that takes place on varied terrains and natural landscapes. Runners must contend with uneven surfaces, varying weather conditions and the ups and downs of hills and valleys.

Meriden girls are able to develop a combination of endurance, strength, strategy and mental toughness from participating in this sport. Cross Country is offered in Terms 1 and 2, with up to two training sessions conducted per week.

The Meriden Cross Country program aims to develop athletes of all skills and abilities, while continually striving for state, national and international success for our elite athletes. It is ideal for incorporating into pre-season Athletics training or for girls who just want to keep fit.

Training is held at Strathfield Park two mornings a week. The program is overseen by triple-Olympian Mrs Nicole Boegman-Stewart, and run by highly experienced coaches.

DIVING

Diving is a dynamic aquatic sport that combines elements of grace, precision, athleticism and courage. Meriden's Diving program aims to develop all skill levels and abilities.

Diving is offered throughout the year at the Meriden swimming pool. Participants have the chance to develop their skills and technique in a quality program. Our world-class coaching team includes personnel currently involved in the NSW Institute of Sport Diving Program.

Girls can commit to either one or two training sessions per week.

NETBALL

Netball is a fast-paced and dynamic team sport that combines elements of basketball and handball while possessing its own unique rules and characteristics. The sport promotes fitness, agility and communication skills. It fosters a strong sense of camaraderie among teammates.

The sport is offered at Meriden in Terms 2 and 3, culminating in a weekly IGSA competition in Term 3. Students of all abilities are encouraged to participate. They will develop their skills and fitness levels through a high-quality coaching program led by specialist coaches.

Participants have the opportunity to train at leading-edge facilities at either Meriden or Netball Central at Sydney Olympic Park.

TOUCH FOOTBALL

Touch Football is a highly accessible sport, suitable for players of all ages and skill levels, making it a popular choice for recreational and organised play. It is known for its inclusivity and welcoming atmosphere, making it a great choice for those looking to enjoy the excitement of team sports, without the full-contact nature of other football codes.

Overseen by experienced coaches, Touch Football at Meriden is offered in Terms 3 and 4, with girls able to play in the IGSA competition in Term 4.

Training sessions are conducted at Strathfield Park two mornings a week.

STUDENT FITNESS

Conducted in Meriden's state-of-the-art Fitness Centre, fitness classes are a great way to improve aerobic condition and increase strength to maintain an active and healthy lifestyle.

The program is overseen by Head Coach – Strength and Fitness and Olympus Program Coordinator, Mr Stelios Pikoulas (Strength and Conditioning Coach to Australia's Young Socceroos), who is supported by qualified and experienced strength and conditioning coaches. Students train once a week in a session that caters to their current fitness levels. The program is offered year-round.

SWIM FITNESS

Offered year-round, swim fitness is a great way to maintain and improve aerobic capacity and increase strength. Swimming offers low impact exercise for the body overall, and is ideal in helping girls to remain active and healthy.

Sessions are run in the Meriden swimming pool, and cater to students who wish to swim for fitness, endurance or to improve technique. The programs are run by experienced coaches.

VOLLEYBALL

Volleyball is fast becoming a popular sport at Meriden. It is known for its quick-paced action, strategic gameplay and exciting exchanges that occur as players attempt to score points by sending a ball over the net and into the opponent's court.

Volleyball is renowned for its emphasis on teamwork, communication and quick decision-making.

Students have the opportunity to participate in Terms 1, 3 and 4, with invitational weekly matches being held in Terms 1 and 4.

The program is led by experienced and highly knowledgeable coaches. Participants have the opportunity to develop their skills and fitness levels in an exciting and engaging sport. The players have access to top quality facilities including Netball Central, Sydney Olympic Park Sports Halls and Five Dock Leisure Centre, for their training sessions.

MERIDEN APP

AN ESSENTIAL COMMUNICATION TOOL FOR SPORT PARTICIPANTS

The Meriden App provides instant communication of important sport information to parents and students. One of its many features is the ability to receive push notifications (instant alerts) and updates about sport activities through your smart phone or device.

The Meriden App enables you to receive:

– notifications about wet weather cancellations or changes to sport sessions

– sport or venue changes

– registration links for sports

– results and standings.

Parents are automatically subscribed to receive notifications when they register their daughter for a sport.

1. Log in to the Meriden App using your Meriden Username and Password. These are the same details you use to log in to any Meriden system which is accessible to parents.

2. Parents are automatically subscribed by the School to notifications relevant to them. There is no need to adjust the Notifications settings.

Where to download

The Meriden App has been developed for both Apple and Android devices.

Please visit the App Store or Google Play and search 'Meriden App' to download to your device.

Download on the App Store

GET IT ON Google Play

To ensure your privacy, your Meriden Username and Password are unique to you. Please keep this information safe.

My Notices icon

Displays important announcements for the sports to which you are subscribed. When a notice is posted, an alert will appear on the icon. You will also receive a push notification (instant alert).

Sport icon

Contains information for sports at Meriden for both Junior School and Senior School.

SPORT REGISTRATIONS

Sport registrations are completed through Parent Lounge. To log in to Parent Lounge you will need your Meriden Username and Password. If you require assistance accessing Parent Lounge, please call Meriden ICT Department on 9752 9444.

Sport registrations open in Weeks 1 – 2 of the term prior to the sport commencing. If a student misses the registration period and would like to enrol in a sport, she is encouraged to visit the Sports Office to enquire if a late registration can be accepted.

How to complete sport registrations through Parent Lounge

1. Log in to Parent Lounge using your Meriden Username and Password.
2. From the menu on the left side of screen, click on "Student Details Extra Curricular".
3. Select the year and term that you will be signing up for.
4. Click the green "Sign up Available" button.
5. Go through the list of sports and click the grey "Sign up" button next to the sport/s for which you wish to register.
6. As you click the grey "Sign up" button you will see a window asking you for confirmation. On this screen:
   a. *Check and verify your daughter's medical details*
   b. *Read the Sign-up note (if relevant)*
   c. *Download and read the Sign-up document (if relevant)*
   d. *Answer any additional questions such as preferred positions and/or preferred training days (if relevant)*
   e. *Click "Sign up".*
7. You can sign up for multiple sports at the same time, and if you have more than one daughter at the School you can make selections for multiple daughters. Once you have made your selections click the green "Submit to School" button.
8. You will see a confirmation of the sports you are registering for plus the total amount owing. Select or enter an email address to receive a receipt after payment.
9. Click "Pay Now".
10. Follow the prompts to pay by credit card. You will receive a receipt confirming registration upon completion.

For further assistance with the registration process, please contact the School.

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EXPECTATIONS AND CODE OF BEHAVIOUR

EXPECTATIONS

– Students should communicate regularly with the Sports Department. It is important that students communicate, either in person or via email, with the relevant staff member regarding their sport, and not rely on their parents to do this for them.

– Students are expected to attend all training sessions and matches.

– If a student is to miss a Saturday match, she should inform the relevant staff member for that sport well in advance.

– When it is unavoidable for a student to miss a training session, the student should advise the relevant staff member for the sport, either in person or via email, prior to the session.

– Students should be attentive and cooperative and participate with full effort in all training sessions and matches.

– Students should be correctly attired and must have the appropriate equipment for all training sessions, matches, carnivals and competitions.

– In the event of wet weather, a student should not assume that training or the match has been cancelled. The Sport staff will post a notification on the Meriden App as soon as a cancellation occurs. If there is no notification posted, the session or match will be held. The IGSA wet weather mobile phone App is also available to check for updates about matches.

– Students should be good ambassadors of the School at all inter-school sporting activities.

– Students should abide by the expectations and Code of Behaviour.

CODE OF BEHAVIOUR FOR STUDENTS

– Be a good sport. Applaud all good play, whether by your team or by your opponent.

– In individual or team sports, shake hands with your opponent after the game or race. Treat all players as you would like to be treated.

– Accept winning or losing graciously. Be modest in success and appreciate the opponent's fine performance in victory or defeat.

– Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.

– Cooperate with your coach, team mates, umpires and opponents; without them you do not have a game.

– Once you commit yourself to a team for a season, honour that commitment.

– Play by the rules, never argue with an umpire or official or other players.

– Let your captain or coach ask any necessary questions.

Matches and Training

– Be punctual to games and trainings. Players should be at the match venues half an hour before the game commences to allow enough time for the team to warm up correctly.

– Always be dressed in the correct uniform. At training sessions, you should wear your PE uniform and at matches, the specific uniform which is required by that particular sport must be worn. Safety equipment is also required at times, for example, mouthguards and shin pads.

– Players must always help with equipment, whether it is setting the equipment out or putting it away. Equipment must be looked after and cared for by the entire team.

Communication

– If students have difficulty in arranging transport to matches, their first option is to arrange a lift with a team mate at training. Their second option is to seek assistance from the Sports Department at least three days before the match.

– Team members are encouraged to share contact details and organise car-pools.

– If a team member is unsure of any aspect of Meriden sport she should see the Director of Sport for assistance.

CODE OF BEHAVIOUR FOR PARENTS AND GUARDIANS

– Attendance at matches by parents is welcomed and encouraged

– Respect the official's decision, regardless of your opinion. Sometimes an umpire makes a mistake and the decision may be wrong. Accept this as part of the game and encourage players to display good sportsmanship

– Do not ridicule a player for a mistake

– Support all efforts to remove foul language and harassment of players, coaches or officials. Condemn the use of any form of unsportsmanlike behaviour

– Avoid the use of derogatory language

– Respect the wishes of the Conveners at any venue in relation to parking, designated spectator areas and any other requirements, which may be specific to the venue

– Understand the rules of the game and the necessary modifications to the rules for the standard of development

– Courtesy should be shown towards staff members

– Visitors should leave a school or other sporting venue tidy and rubbish free

– Do not bring pets to the venue unless you are sure that the venue is animal friendly

– Support other parents/guardians by sharing the work-load and offering to take turns in car-pools

– If a parent or guardian breaches Meriden's Code of Behaviour, the Principal will decide upon the appropriate course of action.

NB. Any queries about the composition of a team should be made discreetly to the Director of Sport.

SPORT AWARDS

For each inter-school sporting team, including Swimming, Badminton, Tennis, Athletics, Basketball, Football, Netball, Hockey, Diving, Cross Country, Touch Football, Volleyball and Water Polo, the coach of each team keeps a written record of a girl's attendance. A central register of all teams is kept in the Sports Office.

At the completion of the season, the supervising staff member of each sport, with the advice of each coach, makes nominations for the following awards.

Best All Round Player/Performer and Most Improved

Effort, attitude and skill level are considered. The girls who have these attributes can be nominated for the award. Students are nominated on the following basis:

– **Tennis**, **Badminton**, **Basketball**, **Football**, **Netball**, **Hockey**, **Touch Football**, **Volleyball** and **Water Polo:** one player per team

– **Athletics**, **Cross Country** and **Swimming:** one student per division (Junior, Intermediate and Senior) during the relevant season

– **Diving:** one student will be nominated.

Pockets

In each sport or activity, outstanding achievements are considered for pockets.

IGSA/NSWCIS Representative

A girl who is a member of an IGSA or NSWCIS team is awarded a pocket.

Annual Sports Awards

These awards have been developed to encourage continued participation in more than one school sport. Students are awarded one point for participation in each IGSA sport each year, and points are cumulative. Points are calculated on a full calendar year's participation in sport.

SPORTING BLUE AWARDS

Bronze	*a pocket awarded to students accumulating 8 points*
Silver	*a pocket awarded to students accumulating 12 points*
Gold	*a pocket and medallion awarded to students accumulating 16 points*
Platinum	*a pocket and medallion awarded to students accumulating 24 points*
Diamond	*a pocket and medallion awarded to students accumulating 35 points*

CONTRIBUTION TO SCHOOL SPORT

This certificate acknowledges Year 12 girls who have participated in the same sport over a six-year period.

JUNIOR SCHOOL TO YEAR 12 AWARD

This award is presented to any Year 12 student who has played sport for Meriden from Year 4 to Year 12.

ANTHONY KHOURY ENCOURAGEMENT AWARD

This award is presented to a student who has demonstrated excellent participation and performance in a range of sports throughout the year.

SCHOOL SPIRIT CUPS

These awards are presented to students who have made a positive impact on their team at an IGSA Championships.

TENNIS CHAMPION AWARD

Each year we recognise the tennis player at Meriden who has achieved the most outstanding results.

COMMENDED AWARD

This award/pocket is presented to students who have competed at a New South Wales State Championship and/or were selected for and represented NSWCIS at the All Schools Championship or equivalent.

HIGHLY COMMENDED AWARD

This award/pocket is presented to students who have competed at an Australian National Championship and/or are in a NSWIS program during the year.

HIGHEST ACHIEVEMENT AWARD (RUTH HACKNEY AWARD)

A student who is eligible for this award has been selected and represented her country in her respective sport. It is only awarded when there is an appropriate candidate.

SPORTSWOMAN OF THE YEAR

The criteria for this award include level of participation in school squads or teams, team awards, and IGSA Representative selections. Certificates are also presented to girls who are Commended (second runner-up) and Highly Commended (runner-up). The point system is as follows:

Meriden sporting team	*1 point*
Meriden first team	*1 point*
S01/J01 division winners	*2 points*
S01/J01 division finalist	*1 point*
Best all-round award	*2 points*
Most improved award	*1 point*
IGSA representative	*3 points*
Meriden IGSA team (for example, Swimming, Diving, Cross Country, Athletics, Tildesley Tennis)	*1 point*
NSWCIS representative/or equivalent	*3 points*
NSW All Schools representative or equivalent	*3 points*
School Sport Australia or equivalent	*3 points*

IGSA SPORT CANCELLATIONS

Due to the short seasons for all IGSA sports, every attempt is made to play the inter-school matches. Cancellations of a Saturday sport is, therefore, rarely made before Saturday morning.

There are two ways to gain information concerning play:

1. IGSA website: igsasport.spawtz.com

2. myIGSA mobile screens

To access all mobile screens you should set up a bookmark.

These screens allow you to:

– find games for selected teams (including links to maps)

– check results and ladders (full point score tables will still be available on the website)

– check venue closures.

To receive information on whether a venue is open or closed please follow these steps:

1. Check with your service provider before Saturday that you have access to this number – **199 25465**.

2. Know the exact name of the venue and sport you are playing (listed on the draw)

3. Text the name of the sport and the first initial of that venue to 199 25465.
   For example, if playing Netball at Pymble, text 'netballp'.

4. A text message listing all venues for that sport, starting with that same initial will be sent, eg: PLC Sydney – OPEN
   Pymble – CLOSED.

5. To access information about another venue, repeat steps 1 and 3.

SENIOR SPORTS UNIFORM

	Athletics	Badminton	Basketball	Cross Country	Diving	Fitness	Football	Netball	Netball Firsts (select teams)	Swimming	Tennis	Tildesley Team**	Touch Football	Volleyball	Water Polo
Polo shirt		•				•		•			•				•
Shorts	•	•		•		•									•
Skort								•			•				
Athletic singlet	•			•											
Athletic top	•			•											
Athletic shorts	•			•					•				•		
Competition top							•							•	
Competition shorts			•				•						•	•	
Basketball/Touch singlet			•										•		
Competition socks							•								
Calf or ankle sock	•	•	•	•		•		•	•		•	•	•	•	
Swimming costume					•					•					
Leg suit*					•					•					
House cap					•					•					
Water Polo swim suit															•
Water Polo cap															•
Tildesley top and skort												•			
Netball dress**									•						
Swimming rash shirt*										•					
Training t-shirt*	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Training fleece*	•	•	•	•	•	•	•	•	•	•	•	•	•	•	

** Non compulsory*
*** Invitation only*

RISK WARNING

(Under Section 5M of Civil Liability Act 2002)
On Behalf of Meriden and IGSSA:

Sporting Activities 2025

Meriden organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with IGSA Sport, a sub-committee of the Association of Heads of Independent Girls' Schools NSW (AHIGS), now trading as IGSA. Students participating in these sporting activities take part in practice and in competitions.

Meriden and IGSA Sport expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

Meriden and IGSA Sport also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the Codes of Conduct and to set a good example for the students.

While Meriden and IGSA Sport take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

Student Accident Policy

Meriden School has student accident insurance for school activities. The insurance benefits cover permanent disability, certain non-Medicare medical expenses and broken bones. The policy excludes the cost of dental expenses.

The NSW Sporting Injuries Act automatically covers all children but is only for extreme injuries resulting in death, quadriplegia, paraplegia or loss of limbs or other body organs or parts.

This publication outlines customs and practices of Meriden School. The arrangements outlined in this publication are subject to change at the discretion of the School.

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