Assistant Principal – Curriculum and Administration

Achievers’ Assembly

Last week we had the pleasure of hosting eight of our former Year 12 students. The students were interviewed about their experiences at the college and what tips would they like to pass onto our current Year 10, 11 and 12 students.

The key messages from the interviews were:

- Choose subjects that you are most interested in;
- Find a balance between work, rest and play;
- Utilise your energy levels. When levels are high, study hard, when they are low rest and refuel;
- Planning is crucial. Don’t leave things to the last minute;
- Use your teachers and ask questions if you don’t understand work;
- Apply yourself to everything you do;
- Immerse yourself in all the extra things the school has to offer.

I am sure that the staff and students present valued the advice offered by our ex-students.
CONGRATULATIONS YEAR 7
Well done and congratulations to the new Year 7 students. This group has settled into our community very well and I am sure they will continue to thrive throughout the year. Congratulations in particular to Mr Dom Ashe and his team of Pastoral Care teachers for assisting with this smooth transition.

TRAFFIC FLOW
Families are reminded of the need to use common sense when dropping off or picking up their children. The school zone is a very busy one, shared by pedestrians, cyclists, buses and cars. At times the unexpected may occur and parents should pay extra care when moving around the school zone. I encourage all families to familiarise themselves with expectations in terms of collecting or delivering their children to school. Things to pay particular attention to include:

- No parking in the bus bay;
- Avoid double or triple parking;
- Use available pedestrian crossings;
- Avoid parking in no standing or no parking zones;
- Keep speed to a safe level.

STAFF PROFESSIONAL LEARNING DAY
On Monday, 22nd February our staff will be participating in a professional learning day. This day will focus on the contemporary use of information technologies aimed at enhancing the learning experience for our students. Parents are reminded there will be no supervision at school on this day and alternate arrangements will need to be made.

COLLEGE SWIMMING CARNIVALS
Next Monday (Years 7-10) and Wednesday (Years 11 and 12) students will be involved in the College swimming carnivals. This is yet another opportunity for all members of the school community to show what spirit we have by involving themselves in as many events as possible. All students are required to attend the relevant carnival as either a competitor or to provide assistance in the running of different events. It would be very disappointing to see students choose not to attend the carnivals and I encourage all families to stress the importance of attendance at such wonderful and important events on the school calendar.

PARENT CALENDAR
A reminder that upcoming events and important dates can be viewed on the College’s website or by clicking on the link http://pmaclism.catholic.edu.au/about-us/mackillop-college-calendar. Please check this regularly as event dates may change and the calendar is continually updated with any new events.

Adam Kelly
Assistant Principal – Curriculum and Administration
ajkelly@lism.catholic.edu.au

OFFICE NEWS

ABSENCES FOR ALL STUDENTS
There has been a change to our procedures in relation to student absences. If your child is late to school or they leave early, they will be marked late / leave early unexplained until we received written advice from a parent.

For full day absences, we will be contacting parents via text message every day between 10.00a.m. and 11.00a.m. This will commence in a couple of weeks. Please respond to this text with the reason for the student’s absence. We will then use this information in lieu of a note being written. All written/text explanations for absences must be received within seven days.
This year for the first time, the College Yearbook is specifically about your school, but also includes a special section about all of the Parish Secondary Schools.

The 2015 Year Book is now available at a cost of $20.00

Please note the current Years 8 and 11 have already paid for their 2015 Year Book.

Only Years 9, 10 & 12 students need to order and pay for their Year Book.

YEARS 11 AND 12 NEWS

It has been a positive start to the year for both Year 11 and Year 12. Hopefully many took onboard the valuable advice given by the 2015 HSC high achievers at last Friday’s assembly.

CLARIFICATION ON SPORTS SHORTS WHICH CAN BE WORN
These are to either be the newer style with the SAPSS logo purchased from Joprim (uniform shop) or the older mesh basketball-style shorts (purchased from Joprim) which don’t have the SAPSS logo. No others are acceptable. The wearing of sports uniform on Tuesdays is only an option if it is completely correct; otherwise full normal uniform must be worn.

SENIOR SWIMMING CARNIVAL WEDNESDAY, 17TH FEBRUARY
All students (except those participating in the competitive 100m or House Captains/SRC assisting the set-up) will come to school first and have names marked off in PC before catching buses to the pool. Information about travel back from the pool will be in student notices. Students are either to wear their sports uniform or preferably come dressed in their House colours.

The senior swimming carnival is one of the highlights of the year, catering for the serious competitors as well as those who struggle to swim more than 25m. There will also likely be a PC challenge. If for some medical reason a student cannot enter the pool, they can still assist in the running/organisation of the day (e.g. timekeepers or similar).

It is a compulsory day and non-attendance will be recorded on student reports. Any students absent must present a doctor’s certificate or similar on the first day of their return.

HOMEWORK CLUB
Homework club runs from 3.15p.m. to 5.00p.m. Monday to Thursday in the senior library. This is a wonderful opportunity for students to get some quiet work done. It began this week and has been well supported by Year 12 but only a few Year 11 have students attended so far – this may be due to difficulty being picked up by parents or that the amount of homework/assignments and assessments has yet to really kick in. It will not run next Wednesday due to the swimming carnival.

YEAR 12 STUDENT, PARENT AND TEACHER BBQ BREAKFAST TUESDAY, 23RD FEBRUARY
This will start from around 8.00a.m. till 8.50a.m. and is an opportunity for Year 12 students, their parents and teachers to informally meet and share some bacon and egg rolls and tea or coffee.

STUDENT PICK-UP AFTER 3.15P.M.
Just a reminder that no cars are to pick-up students in the designated bus bay. Any pick-ups should be done either in the carpark or opposite side of the bus bay.

CHANGES TO SUBJECTS (YEAR 11)
Any subject changes need to be finalised by week 5.
COLLEGE JERSEYS (YEAR 12)
It is likely that a team of Year 12 students will organise these. The cost will be in the vicinity of $85. If purchased, these can only be worn on Tuesdays and on a few other nominated special event days.

ASSESSMENT PLANNERS
These will soon be issued. Please ensure both students and parents are aware of these important dates and the College Assessment Policy as outlined in the Assessment books already issued to Year 11 and 12 students.

Phil Lloyd
Year 12 Leader of Pastoral Care
plloyd@lism.catholic.edu.au

YEAR 10 NEWS

The first full week of school is always a busy time for students. They have been adjusting to a new timetable, new rooms, new teachers as well as being involved in a number of celebrations including the Inaugural Mass and Ash Wednesday liturgy. I am pleased to say that with all these challenges and events Year 10 have begun the year smoothly and with great maturity.

YEAR 9/10 INFORMATION NIGHT
With Years 9 and 10 holding great value as a stepping stone to stage 6 studies, we are inviting all parents of Years 9 and 10 to an academic information night on Thursday, 18th February from 6.00p.m. in the College Hall. The purpose of this evening is to inform students and parents of assessment policy and procedure, and the importance of effort and application as students begin to consider their paths for stage 6 (Years 11 and 12).

SAILING SUCCESS
During the holidays Ethan White added to his long list of sailing achievements. He attended the Australian Youth Championships at Woollahra Sailing Club, Sydney. With a number of classes racing, Ethan and his skipper were sailing a Hobie 16. The boys won seven out of their 10 races at the championships to be crowned Australian Youth Champions – Multihull division. Congratulations Ethan on this fantastic result.

Warren Lorger
Year 10 Leader of Pastoral Care
wlorger@lism.catholic.edu.au

YEAR 9 NEWS

Organisation skills are essential for students to reach their potential. It is extremely important for every student to start the year off on a positive note. I would encourage students to pack their bags the night before so if they do not have equipment they can be proactive.

It is a large year group and students are continually doing fantastic things. Please email me to make me aware of student achievements so that students can be recognised.

YEAR 9/10 INFORMATION NIGHT
With Years 9 and 10 holding great value as a stepping stone to stage 6 studies, we are inviting all parents of Years 9 and 10 to an academic information night on Thursday, 18th February from 6.00p.m. in the College Hall. The purpose of this evening is to inform students and parents of assessment policy and procedure, and the importance of effort and application as students begin to consider their paths for stage 6 (Years 11 and 12).

Glen Littler
Year 9 Leader of Pastoral Care
glittler@lism.catholic.edu.au
Thank you to those who were able to attend our Year 8 Parent gathering on Families and Technology. It was a wonderful opportunity for Pastoral Care teachers and parents to establish and maintain positive working relationships that nurture each child in our care. Ongoing communication with the PC teacher is essential to best support each student towards personal excellence.

Thanks to Mr Rhys Jones, Leader of Information Technology, for a pertinent presentation of best practice for safeguarding students’ use of technology. Next week, Year 8 will review and be required to recommit to MacKillop College’s use of electronic device policy; parents are requested to witness and sign the student’s agreement in the school diary.

Our next opportunity to gather as a community will be at our Year 8 Mass 9.30a.m. - 11.00a.m. on Friday, 26th February at St Agnes’ Church. Parents and grandparents are most welcome to join us.

Nicole O’Connell
Year 8 Leader of Pastoral Care
noconnell@lism.catholic.edu.au

Well week 3 is done and dusted, and we have a lot with which to be pleased. Year 7 students, as a whole, have settled quite well into their routines and are using their diaries effectively. Year 7 students should have received some homework during weeks 2 and 3, with this increasing in weeks 4 and 5. By week 6 assignments and homework can be expected, potentially from each subject. (Assignments are spread out over the term/semester.)

Time management is an integral part of doing well at high school and to assist PC teachers have been working tirelessly to get students into good work/study habits as well as helping with organisation skills in the use of their diary.

The school swimming carnival is next Monday and students are encouraged to wear house colours and participate wholeheartedly:

Green = Flinders, Blue = Innes, Red = Macquarie and Yellow = Oxley.

Have a great weekend.

Dom Ashe
Year 7 Leader of Pastoral Care
dashe@lism.catholic.edu.au
**MATHS TUTORIAL NEWS**

**JUNIOR MATHS TUTORIALS YEARS 7 TO 10**
Starting 9th February maths help will be available in room 12 (junior campus) from 7.45a.m. to 8.30a.m. on both Tuesday and Friday mornings.

**SENIOR MATHS TUTORIALS 11 AND 12 GENERAL 2**
Starting 8th February maths help will be available in room 49 (junior campus) from 7.45a.m. to 8.30a.m. on Monday mornings.

This will provide a comfortable environment for students of all levels to come and ask questions, complete their own revision or work on their maths homework with a maths teacher present to help where needed.

For further information please contact Mrs Robertson on elrobertson@lism.catholic.edu.au

**Elizabeth Robertson**  
**Leader of Numeracy**  
elrobertson@lism.catholic.edu.au

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**MC CENTRAL – LIBRARY CONNECT NEWS**

A new 7 to 12 student book club in the library is starting soon. Students are encouraged to read widely and share their opinions of books they have read. The choice of books will be selected from a new genre each time, for example sport, historical, mystery, relationships. If your child is interested in reading or you would like them to be a reader, encourage them to come along and be inspired by their peers.

Students need to register their interest in joining the book club with Mrs Penson either in person or by email.

The library has a wonderful range of new and engaging fiction and non-fiction books available for students to borrow. There are no limits on borrowing, books may be borrowed all year round including the Christmas holidays.

The library staff are always happy to assist students in finding the right book for them. Reading recommendations from the State Library of Victoria can be found at https://insideadog.com.au

*"Books are the carriers of civilization. Without books, history is silent, literature dumb, science crippled, thought and speculation at a standstill.*

*Without books, the development of civilization would have been impossible. They are engines of change..., windows on the world and lighthouses erected in the sea of time.*

*They are companions, teachers, magicians, bankers of the treasures of the mind.*

*Books are humanity in print."

**Barbara W Tuchman, historian and Pulitzer Prize winner**

**Suzanne Penson**  
**Teacher/Librarian**
SPORT NEWS

SWIMMING CARNIVAL
Our junior carnival is being held on Monday, 15th February and our senior carnival is on Wednesday, 17th February. The carnival is a compulsory day of attendance. It is a fantastic day where the true spirit of camaraderie, support and involvement are displayed through the student’s participation and house support. If a student is injured and is not able to participate in an event they will need to bring a note on the day and report to Mrs Huxley where they will be allocated a job to assist the staff, whilst importantly still being part of the day.

In the case of severe wet weather an announcement will be made on Radio 531 FM, STAR FM, 2MC and ABC Mid North Coast FM. An email will also be sent to student emails.

IMPORTANT REMINDERS FOR SWIMMING CARNIVAL

Diocesan Carnival: Students who want to qualify for the Diocesan swimming team MUST be in the first two races as other races may not be timed.

100 metre event: Is by nomination and will be held at 8.15a.m. on the morning of the carnival. Students need to make their way directly to the pool and will be supervised there until the rest of the school arrives.

What to wear: Students are required to wear full sport uniform. Alternatively they are encouraged to wear their house colours. Joggers are compulsory, no thongs. Students will need to bring hat, sunscreen, towel and swimmers.

Participation and involvement: All students are encouraged to participate in the 50metre freestyle event. There will be 25metre events for every stroke as well as novelty activities to ensure all students have the opportunity to participate to their full potential. Every activity accumulates points for your house!

Canteen: the pool canteen will be available on the day from 11.00a.m.

REPRESENTATIVE SPORT
There are a number of representative sports happening at the moment, and it is inspiring to see the many eager athletes nominating and trying out to represent our College.

Netball: Years 7 and 8 teams have been trialling this week and Years 9 and 10 will trial next week.

Triathlon: Our triathlon team heads off to Penrith at the beginning of March. Parents are reminded that individual competitors will need to register online.

Rugby union: A number of students have nominated to play rugby union. Trials will be held in the coming weeks

Opens basketball: Nominations have been in place and trials for the open basketball team will take place next week.

Surfing: Meetings and nominations have been held and try outs will be held soon.

Students are reminded to listen to morning notices and check the sports noticeboard for details.

CRICKET - DOWNIE TROPHY
Earlier this week our Downie Trophy side travelled to Sawtell to play Woodlawn College, Lismore, with the victor to claim a spot in the semi-finals in Sydney.

We lost the toss on an underprepared wicket and were put into bat. Our innings started off well with Max Lower scoring a team high of 27 in an opening partnership of 37 with Tom Madden. From there we lost nine wickets for 15 runs due to some solid bowling on a very difficult and popping pitch.

Woodlawn chased down our total of 52 with the loss of only two wickets to be deserved winners. A couple of early dropped catches and lack of anticipation were costly and may have given us a chance at victory. Jacob Searle and Liam Coelho snared wickets early but unfortunately it wasn't enough.
Thank you to all the boys who participated during the season. Wins against Regional, Tamworth and Aberdeen were highlights and reflected the great effort put in by this team.

Many thanks to Mr Ashe as coach, Mr Schumann for driving the team bus, Mr Best assisting as umpire and Mr Coelho as scorer.

If you have any questions regarding sport at MacKillop College please do not hesitate to contact me.

Andrea Huxley  
Leader of Sport  
ahuxley@lism.catholic.edu.au

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**COLLEGE MUSIC NEWS**

“Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us.” Martin Luther King

**CO-CURRICULAR MUSIC**

The Co-Curricular music program will recommence on Monday. Please see Ms Anderson if you are wishing to sign up for any of the Ensembles.

Vocal Ensemble auditions will take place on Wednesday, 17th February in the junior music room. See Ms Anderson for details.

2016 ensembles include:

- Concert Band – Thursday mornings
- Big Band – Friday mornings
- Little Big Band (*NEW* in 2016) – Friday mornings
- Senior Stage Band and Praise Band – Monday mornings
- Junior Stage Band – Friday lunch
- Jazz Ensemble “Groove Merchants” – Friday lunch
- Brass Ensemble – Thursdays (rotating timetable)
- Woodwind Ensemble (*NEW* in 2016) – Thursdays (rotating timetable)
- Percussion Ensemble – Tuesday mornings
- Choir – Wednesday lunch
- Vocal Ensemble – Wednesday mornings
- SAPSS Concert Band – Tuesday morning (Term 1 and 3 at the St Joseph’s Regional College, Term 2 and 4 at MacKillop College)
- SAPSS Drum Line – Wednesday afternoons (St Joseph’s Regional College).

**PERFORMING ENSEMBLE SHIRTS**

All students participating in MacKillop College Ensembles are required to purchase a shirt to wear at performances. This shirt will be worn with black trousers, black socks and black shoes at all performance events including:

- assembly performances and school functions;
- lunchtime concerts at the Glasshouse;
- Big Band Blast;
- the annual Music Awards Night;

Students are to see the music trainee at rehearsal or in break times in the Junior Band Room to order a size. Sample shirts will be available for you to try on. All payments are to be made to the front office of your school with the attached note by the end of Term 1. I encourage students to order a slightly larger shirt if still growing. This performance shirt will be able to be worn across all MacKillop College and SAPSS Bands into the foreseeable future.
REHEARSALS IN WEEK 4

MONDAY
Senior Stage Band  7.45a.m. – 8.45a.m. Junior Theatre
Praise Band     Lunchtime, Junior Theatre

TUESDAY
Percussion Ensemble  8.00a.m. – 8.45a.m. J16 Music Room

WEDNESDAY
Vocal Ensemble  8.00a.m. – 8.45a.m. J14 Music Room
Choir Lunchtime, J14 Music Room
SAPSS Drum line  4.00p.m. – 5.30p.m. St Joseph’s Regional College

THURSDAY
Concert Band  7.45a.m. – 8.45a.m. J16 Music Room
Junior Stage Band Lunchtime, J16 Music Room
Brass Ensemble  See morning notices for time, Band Room

FRIDAY
Big Band  7.45a.m. – 8.45a.m. J14 Music Room
Little Big Band Lunchtime, J16 Music Room
MacKillop Ensemble  Lunchtime, Theatre
Junior Stage Band Lunchtime, J16 Music Room

Please contact Ms Anderson with any questions relating to the co-curricular music program at MacKillop College or visit the College website and click on the Creative Arts tab.

Meg Anderson per
Rob Denham
Leader of Co-Curricular Music
rdenham@lism.catholic.edu.au

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CANTEEN ROSTER – TERM 1 WEEK 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Start Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Swimming Carnival</td>
<td>10.40a.m.</td>
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<tr>
<td>Tuesday</td>
<td>Treena Heslop and Cathy Dibbs</td>
<td>11.00a.m.</td>
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<tr>
<td>Wednesday</td>
<td>Beth Todd, Jodie Richmond and Lyndel Bailey</td>
<td>11.00a.m.</td>
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<tr>
<td>Thursday</td>
<td>Pricilla Turnbull, Jo Madden and Lisa Richards</td>
<td>10.40a.m.</td>
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<tr>
<td>Friday</td>
<td>Cindy Mullens, Margie Cassegrain, Leanne Hatherly and Jackie Jovanic</td>
<td>10.40a.m.</td>
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COMMUNITY NEWS

ST AGNES’ RUGRATS YOUTH GROUP
Open to all ages 5 years and upwards. Every Friday 4.00p.m. to 7.00p.m. $3.00 provides afternoon tea and dinner, games, outings to the park and much more. High school students may wish to assist as leaders.
Great for Duke of Edinburgh Awards / Community Service!

For further details please contact Peter on 65849970.

SPORT REGISTRATION DAYS

WAUCHOPE HOCKEY CLUB – UNDER 13, 16 AND ADULTS
DATE/TIMES: Saturday, 13th February, 10.00a.m. to 1.00p.m.
WHERE: Wauchope RSL Club
CONTACT: FB pages: Wauchope Hockey Club or Wauchope Hockey Club - Sports Team,
Email wauchopehockeyclub@outlook.com or visit our website www.wauchopehockeyclub.org

PORT MACQUARIE PIRATES RUGBY UNION – UNDER 14, 16 AND 18s
DATE/TIMES: Wednesday, 24th February, 5.00p.m. to 6.30p.m.
WHERE: Stuart Park Clubhouse
CONTACT: Ian Wall 0432405113
PORT UNITED SOCCER CLUB
DATE/TIMES: Saturday, 13th February, 1.00p.m. to 4.00p.m.
Also online via www.portunited.com.au
WHERE: Dixie Park
CONTACT: portunitedfc@gmail.com

PORT MACQUARIE FOOTBALL CLUB
DATE/TIMES: Saturday, 20th February, 10.00a.m. to 2.00p.m.
Also online via myfootballclub.com.au
WHERE: 6th February at Port Central (near Flight Centre) and
20th February at McDonalds Settlement City party room.
CONTACT: Craig Johnson 0417 336 785 or Cath Cornish 0419 478 308

PORT SAINTS FOOTBALL CLUB
DATE/TIMES: Saturday, 13th February, 9.00a.m. to 12.00p.m.
Saturday, 20th February, 9.00a.m. to 12.00p.m.
Also online via www.portsaints.com.au. Select the
“Register Now” button and follow the prompts.
WHERE: John Oxley Motors
CONTACT: www.portsaints.com.au

LAKE CATHIE FOOTBALL CLUB
DATE/TIMES: Saturday, 13th February, 10.00a.m. to 1.00p.m.
Saturday, 20th February, 10.00a.m. to 1.00p.m.
Also online via www.myfootballclub.com.au
WHERE: Lake Cathie Bowling Club – 45 Evans St Lake Cathie
CONTACT: http://cathieraiders.org/ or secretary.cathieraiders@gmail.com or
phone Russell Wallace on 0437149177.

PORT CITY HOCKEY CLUB
DATE/TIMES: Saturday, 13th February, 9.00a.m. to 12.00p.m.
Tuesday, 16th and 23rd February, 5.00p.m. to 7.00p.m.
WHERE: Hockey field (Ocean Drive)
CONTACT: info@portcityhockey.com.au, www.portcityhockey.com
or www.facebook.com/PortHockey

LAKE CATHIE / BONNY HILLS JUNIOR RUGBY LEAGUE
DATE/TIMES: Tuesday, 23rd February, 5.00p.m. to 6.00p.m.
Also online via www.playnrl.com.au
WHERE: 11th February at Lake Cathie Woolies complex
23rd February at Lake Cathie Sporting Fields
CONTACT: Mick Nixon 0419 483 892

PORT MACQUARIE SURFBOARD RIDERS CLUB
DATE/TIMES: Saturday, 20th February, from 3.00p.m..
WHERE: Town Beach Breakwall carpark.

PORT PHYSIE AND DANCE
Port Physie and Dance is a fun and energetic dance school for all ages with classes held at its studio at 1 Acacia
Avenue, Port Macquarie. Each class incorporates jazz, hip hop, ballet and contemporary routines. For more
information please email: portphysieanddance@live.com.au

THE ARK SPORTS CENTRE – JUNIOR INDOOR CRICKET
WHEN: Mondays – Under 12’s - from 4.15pm to 5.45pm
Tuesdays – Under 14’s & Under 16’s combined – from 4.15pm to 5.45pm
Fridays – Girls Cricket - 10 to 17 years – from 4.15pm to 5.45pm
COST: $20 Registration and Insurance (covers for a full 12 months) and $10 per
player each week.
CONTACT: www.arksports.com.au or 6581 4799
Cyber Safety

Parents, it is challenging to keep up with the changes in this highly technological age ......
Are you worried about your child being online?
Unsure of what the latest trends are?
Andrew Burgess eLearning Manager from Catholic Schools Office, Lismore will be presenting to parents of Primary and Secondary students on up to date and current Cyber trends and information regarding:

- Digital Citizenship;
- Safe use of technology and the Internet;
- Children’s use of the Internet and emerging technologies;
- Potential risks for adults and children online;
- Tips to help children and adults stay safe online;
- Where to get help.

Please register below – Invitation is extended to all Catholic Primary and Secondary School parents

Digital Citizenship

Where: Mackillop College Theatre (Junior Campus)
When: 22nd February 2016
Time: 6:30pm
RSVP: By 18th February (limited seats)
Click here or Go to http://goc.qld/forms/0X1eODOTm
prourke@lism.catholic.edu.au
mob: 0400 420 614

THE FRANCIS RETREAT

Invitation

PLEASE JOIN US FOR OUR
BLESSING & OPENING
TOURS | SAUSAGE SIZZLE | JUMPING CASTLE

Located by the sea in Bonny Hills, The Francis Retreat caters for school and group retreats, conferences, staff workshops, events and holiday accommodation.

We invite the St Agnes’ Parish community to join in our Blessing to celebrate our Opening and tour our amazing facilities.

WHEN: Saturday, February 27th 2016, 11am
WHERE: The Francis Retreat
2 Thomson Place, Bonny Hills NSW 2445
RSVP: Joady Castles by Monday 22nd February
for catering purposes
francisretreat@stagnesparish.org.au or 0409 452 813

www.thefrancisretreat.org.au

ST AGNES’ PARISH
## Enriched Health Care - Camden Haven Triathlon Festival

19th and 20th March

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<thead>
<tr>
<th>Saturday 19th of March</th>
<th>Sunday 20th of March- 7am start</th>
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<tr>
<td>1km ocean swim –12.00p.m. (15 y/o and over)</td>
<td>Race 1-Enriched Health Care Olympic Distance triathlon – Individual or teams</td>
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<tr>
<td>LUSC junior aquathlon (6-10 yr olds) and triathlon (11-15 yr old) – From 1.00p.m.</td>
<td>1500m swim/40 bike/10km off road run</td>
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<tr>
<td>A bike to be won as a random prize</td>
<td>Race 2- OHBS Sprint Distance 500m swim/20 bike/5km off road run</td>
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<td>Over $3000 combined in prize money and random draw prizes</td>
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