



Term 4 Sport Options Years 7 to 12

Years 7 to 12 - Thursday Term 4 Sport in Periods 3 & 4 NSW time (7 Weeks).

Dates: 17, 24, 31 October, 7, 14, 21, 28 November

Sport	Description	Max	Cost
Ball Sports	A variety of miscellaneous ball sports (anything ball related), at Arkinstall Park with our PE staff, and Total Football Academy staff.	80	\$50
Basketball Recreational Year 7 and 8 ONLY	For students who want to play some informal games of basketball and throw some hoops without too much technical direction at Lindisfarne outdoor courts.	40	FREE
Basketball Recreational Year 9 and 10 ONLY	For students who want to play some informal games of basketball and throw some hoops without too much technical direction at MURWILLUMBAH 7th Day Adventist Hall. <i>** Please note that we have booked out EVERY court possible in our immediate region, but still usually run out of student spaces. Please be prepared to choose another sport if this fills up**</i>	30	\$60
Basketball Australian Schools Cup REPRESENTATIVE team	For SELECTED students gearing up to play in the AUSTRALIAN SCHOOLS CUP tournament in December. Selected players notified in Week 5 of Term 3.	30	\$185 (includes ASC entry & transport plus coaching)
Beach Walking	Offering a 'clear-the-head' beach walk along some of our pristine coastlines. Note the pace will not be overly rigorous, but a few kilometres will be clocked up.	60	\$35
Cricket	Training in the school cricket nets, with our elite Head Coach Anthony Kershler, former NSW Cricket player. Kershler provides all cricketers the opportunity to become the best they can be. Addressing all dimensions of cricket from the skills of batting, bowling and fielding to mentoring and understanding the psychology of the game. This is the best way to get on our selection radar for inter-school tournaments.	40	\$90
Cross Country	Training on our Cross Country track. Two choices available: • The walking group • Competitive training group	No Max	FREE
Dance Eisteddfod	Open to all students for this term, they will form one group, working on skills and combos with an external provider.	N/A	\$70

Five a Side (Rebound Futsal)	Five-a-side soccer is a variation of traditional futsal, in which each team fields five players (four outfield players and a goalkeeper). Other differences from soccer include a smaller synthetic pitch, smaller goals, reduced game duration and rebound walls providing continuous 'no-out' play. Our staff will run these sessions. Location: New 5-a-side courts at Lindisfarne.	20	FREE
Golf	With Ben Cronk at Chinderah Golf Course. This is a self nominated group wishing to acquire the basics and movement fundamentals of Golf.	24	\$140
Gymnastic/ Trampolining	Springloaded is an amazingly versatile gymnastics, trampolining and parkour centre catering for all ages and abilities. We have an awesome team of Gymnastics Australia qualified coaches who implement the Springloaded ideology of skills, fitness and fun. Through a movement conscious approach (we want them to be moving as much as possible!) We have designed programs that would help any little or big kid push outside of their comfort zone all while learning skills in a safe and controlled environment.	50	\$140
Horse Riding	Kyllarie Retreat is a small local Horse Riding School based around Murwillumbah. Students will have the opportunity to gain basic skills enabling them to ride horses, learn to work cooperatively within a group context around horses and extend knowledge and skills. An online waiver will need to be completed for your child to participate. A waiver link will be provided by Kyllarie Retreat for you to complete online before commencing.	20	\$235
Indoor Rock Climbing	Belay Climbing (formerly Paramount Adventure Centre) in Burleigh Heads features an awesome 850 square metres of wall space and over 11 metres of vertical height that allows for a huge variety of climbs that are suitable for both the beginner and advanced climber. Challenge yourself by tackling the pole, overhangs, barrels, angled walls, flake and crack climbs. Please complete this waiver and return to the sports department sports@lindisfarne.nsw.edu.au.	40	\$165
Kayaking and SUP	Watersports Guru will engage you in 60 minutes of fun, adventure and loads of different activities based on the natural environment of Cudgen Creek. You'll switch it up between stand-up paddleboarding, kayaking, creek explorations and fun team challenges. A waiver link will be provided by Watersports Guru for you to complete before commencing.	40	\$155
Learn to Surf Beginner	In2Surf School in Kingscliff with Joshua Fuller. This is a self-nominated beginner group after tuition in the basics of balance, paddling and fundamentals of surfing. Surfboard supplied. A waiver link will be provided by Into2Surf School for you to complete online before commencing.	32	\$155
Learn to Surf Intermediate	With Tweed Coast Surf School. Intermediate Surf coaching is a progression on from the beginner programs. In beginner conditions the students should be	30	\$155

	able to manage their boards without assistance or guidance from the coaches. They should also be comfortable to paddle out in beginner conditions, catch and ride waves under their own guidance without help from the coaches. At times they will be going behind the break and riding unbroken waves and are expected to be able to do this without assistance in small conditions. If the conditions are too big they will be surfing in the whitewater. Coaches will be assisting in increasing their development of correct technique and skills. As well as ocean awareness (especially when behind the break and riding green face waves) students will build their confidence in catching and reading waves, beginning turning and linking turns. Surf awareness, understanding the ocean and surf as well as surf safety is also a part of the program. An Intermediate surfer should be able to successfully paddle out alone at a familiar location and catch and ride waves to a logical finish frontside or backside. Surfboard supplied. A waiver link will be provided by Tweed Coast Surf School for you to complete online before commencing.		
Mountain Biking ** NO bikes allowed to be brought to school via bus services* <i>Bikes to be brought in to school every Thursday</i>	With Mt Biking Coach Roger Campbell (owner of South Tweed Cycles). Mountain biking is a growing sport and a great way to exercise while taking in the adventure of off-road trails. This course is aimed at improving riding skills to give you the confidence to tackle the trails with confidence all within the safety of the school grounds. We will use features found around the school grounds as well as bringing some man-made features to really push our skills to the next level. Riders will need to bring their own mountain bike with gears, off-road tyres, and a helmet every Thursday. The bike should be in good working condition. We have installed new bike racks to hold 21 bikes, behind the staff room with camera coverage.	15	\$126
Pickleball	Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. It's a fun and dynamic sport played on a smaller sized court (1/4 tennis court) using a paddle and wiffle-ball typically in teams of 2. This sport is ideal for all levels, easy to learn and great for those looking to try Australia's fastest growing sport. Location: Tweed Heads Tennis Club, Tweed Heads South.	22	\$130
Pilates (Studio 4)	Studio 4 is a private studio in Tweed Heads. Zoe McCarthy is a qualified Pilates Instructor and has a huge passion for what she teaches and truly believes in the amazing interconnection that is the Pilates Method. Zoe acknowledges that we are all uniquely different in how we move what we feel & don't feel where pain & tightness is experienced & will create a class that is personalised for the students.	15	\$150
Race Kayaking	Race Kayaking, the premier sport for surf club enthusiasts ready to take their paddling skills to the next level. Set against the picturesque backdrop of Cudgen	20	\$90

	Creek, athletes train rigorously at Lindisfarne Boat House, mastering speed, endurance, and technique in sleek K1 and TK1 kayaks. Race Kayaking offers a dynamic pathway for dedicated athletes to propel themselves towards sporting outcomes. A little kayaking experience would help, but it is not essential. You don't need your own paddle, but if you have one, please bring it. Come on down and have a go.		
Strength and Conditioning	Strength and fitness activities utilising the School Gym facilities with Mr Marais and Ms Petty. Individualised programs will be provided to all students in T4 to follow.	15	FREE
Surfing Advanced	Advanced surfing program with one water based highly accredited coach from Tweed Coast Surf School. The surf sessions will be at local Tweed Coast beaches. A waiver link will be provided by Tweed Surf School for you to complete before commencing. [Must have your valid Water Safety Certificate], this can be obtained at Surf Easy Surf School at Currumbin Alley. If your child has their Surf Survival Certificate already they only need to update their CPR training.	36	\$155
Tennis	Come join us for a term of tennis which is packed with fun activities catering for beginners to advanced players. Find out why tennis is one of the most popular sport choices with our qualified coaches teaching you the skills and drills you need to improve your tennis game, giving you the confidence to play competitive tennis in a fun and engaging environment. Located at Tweed Heads Tennis Club, Tweed Heads South.	60	\$130
Volleyball - Rec	Beginner and recreational Volleyball is at Tallebudgera - students will participate in a round robin style competition each week, with some basic skills/drills prior. With Mr Rhett McDonald.	30	\$90
Volleyball AUSTRALIAN SCHOOLS CUP SQUAD ONLY	Australian Schools Volleyball Cup train-on squad BY INVITATION ONLY - students will be notified prior to selection (eg. current students already in our Friday morning training program). In Nghahriyah.	N/A	Free (Levy paid)
Yoga	Karen Wightman, a seasoned yoga instructor with two decades of experience, brings her expertise to Hot Yoga & Co., focusing on enhancing children and teens' mental health through yoga and mindfulness. Specialised in creating a welcoming and engaging environment, Karen's mission is nurturing holistic well-being and imparting stress management skills to the youth. Her classes cater to both the physical and mental aspects of health, highlighting the significance of yoga as a wellness tool to foster resilience and emotional balance, especially important as adolescents face increasing mental health challenges. The partnership with Lindisfarne allows students to experience the benefits of yoga, such as improved focus, physical awareness, and self-regulatory behaviours, ensuring they are equipped to handle life's stresses and thrive as well-rounded	25	\$140

	individuals. Join us in embracing this initiative for the betterment of our students' futures.		
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