

## Year 7 Sport

General Information – [all enquiries to sportsadmin@ruyton.vic.edu.au](mailto:sportsadmin@ruyton.vic.edu.au)

- Ruyton is a member of Girls Sport Victoria (GSV) which comprises 23 Independent girls' schools – <http://www.gsv.vic.edu.au/>
- Students can access all Sport information via the Year 7/8 Microsoft Teams Channels.
- Parents can access all Sport information via the intranet and see their child's personal sport schedule via Clipboard
- Weekly Sport Matches – Year 7 GSV Sport matches are played on a **Thursday afternoon**. Finish times vary each week approximately between 5.00pm-6.30pm depending on venues and travel times.
- Weekly Sport Training is either before school or at lunchtime on a Thursday.
- Running @ Ruyton is a weekly sport option that continues across the whole year and connects in with our Cross Country and Athletics squads. These sessions are held before school on a Tuesday and Thursday and cater for all level of runners.
- Be Your Best #BYB – Circuit is an optional program that offers strength and conditioning training in a fun format every Monday, Wednesday and Friday morning before school.
- Carnival Sport squads (Swimming, Diving, Triathlon, Cross Country and Athletics) commence training approximately 10 weeks prior to the GSV Championships dates. Training is held before or after school on various days during the week.
- House Sport Carnivals also form a part of the Ruyton Sport experience.

Extra-Curricular Sport options (additional fee):

- Ruyton Netball Club – Boroondara Netball Association Saturday competition
  - Ruyton Rhythmic Gymnastics
  - Melbourne Swim Club (MSC). Graded squad sessions for various levels.
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Term	Weekly Sport (Optional)	Carnivals (Optional)	House (Compulsory)
1	Softball Volleyball	GSV Triathlon GSV Swimming GSV Diving	House Swimming House Cross Country
2	Hockey Netball	GSV Cross Country	House Athletics
3	Badminton Indoor Cricket Soccer	GSV Athletics SnowSports	
4	Basketball Waterpolo		