

Guidelines for St Rose Annual Sport Award

Swimming, Athletics and Cross-Country

- 16 Points** Medal Winner at Nationals
- 14 Points** Represents NSW at Nationals
- 10 Points** Represents Polding at NSWPSA Championships
- 8 Points** Represents Broken Bay at Polding Carnival
- 7 Points** Represents Northern Beaches at Broken Bay Carnival (>2 events)
- 6 Points** Represents Northern Beaches at Broken Bay Swimming or Athletics Carnival (2 or less events) or at Broken Bay Cross Country
- 4 Points** Member of the school team and competes in 3 or more events at Northern Beaches Swimming or Athletics Carnival
- 3 Points** Member of a school team and competes in 1 or 2 events at Northern Beaches Swimming, Athletics or Cross Country Carnival

St Rose Swimming/Athletics Relay Team

- 8 Points** Member of St Rose relay team representing Polding at NSWPSA (single event)
- 6 Points** Member of St Rose relay team representing Broken Bay at Polding (single event)
- 4 Points** Member of St Rose relay team representing Northern Beaches at Broken Bay (single event)
- 2 points** Member of St Rose relay team at Northern Beaches Carnival (single event)

Winter/Summer Representative Sports - Netball, Softball, Hockey, Tennis, Basketball, League, Touch, Union, Soccer, Cricket, AFL etc.

(student has gained selection in team on individual achievement)

- 14 Points** represents NSW at Nationals
- 10 Points** represents Polding at PSSA Championships
- 8 Points** represents Broken Bay at Polding Carnival

Gala Days and Other Sport Competitions

- 1 Point** member of a Pool A St Rose Gala Day team
- 1 Point** member of a St Rose team in other sport competitions (non-compulsory) e.g. NSWCPN Netball, Rugby 7's, Milo Cup, Tennis GD, Hockey GD, Basketball GD