

Senior School

# SOMETHING FOR EVERYONE

As a School committed to celebrating individuality and diversity, Cranbrook offers an abundance of Sport and Co-Curricular paths for students to pursue beyond traditional CAS sports such as Rugby, Cricket and Soccer. We speak to exceptional students mastering unique skills in their Sport of choice. From Surfing, Fencing and Open Water Swimming, these students are quietly achieving big things.

Hayden Dank, Cranbrook's Director of Sport, encourages students to participate in all sports and emphasises the importance of all-inclusive support for all students, regardless of the pathway they choose. Catering to individual needs and interests is essential. "These athletes are supported holistically by the School," he says, "from helping with load management, tailored athletic development programmes, additional study relief and exposure to a variety of educational speakers, including topics on leadership, nutrition, visualisation and resilience."

## Fencing

Peam Palakawongse, Year 12, developed a passion for Fencing at just nine years old. He competes at State and National level, often representing the School and competing independently. In 2021, he competed at the Junior and Cadet level Fencing World Championships and placed third in his division. This year, Peam competed again at the World Championships, held in Dubai.

Before he commenced his IB studies, Peam was training several times a day, up to six days a week. "The Sports Department at Cranbrook generously allow me to be away for training and competitions on the weekend," says Peam. Without this support, he would not be progressing towards his goal of being named in the top 100 fencers at the Junior World Championships.

Peam will never forget competing with the Senior School's newly formed Fencing team. The team won silver medals at both State and National levels. "Since being in the Junior School, I have been honoured to represent the School and proudly deliver medals for eight consecutive years" Peam says.

Peam recognises that "fencing is a mix of the physical and mental mind. Fencers get the best of both worlds whether they are competing for individual medals or as part of a team."

Year 7 student, Eason Xia, is also making a mark in the competitive world of Fencing, after being introduced to the Sport in Year 2. Since his introduction, Eason is now competing in National level competition and training up to nine hours each week. For Eason, fencing is much more than just a hobby or past time. He recognises the mental strength and concentration it takes to succeed in individual competitions and sustaining motivation and discipline towards training. "Losing or winning a match is not important. The most important thing is what I gain from them, whether I need to improve my technique or control my temper for example."

Eason appreciates the Cranbrook supporters that often show up to his tournaments: "During one National competition, many higher year schoolmates and teachers showed up to support me. All their applause and praise meant a lot."

His goal as a fencer is to one day represent Australia and compete on the world stage, at the Olympics or World Championships. His advice to other students is that "there is no short cut.. It is the courage to continue that counts."

YEAR 12 STUDENTS, PEAM AND POOM PALAKAWONGSE COMPETING  
AT THE WORLD FENCING CHAMPIONSHIPS IN 2021





Surfing

At six years old, Angus Messiter was already catching waves. The Year 8 student competes in various competitions each year, such as the Surfing NSW State Titles, the Billabong Oz Grom Cup and National Titles. In summer Angus can be found out in the surf six to seven times per week. The Sport has taken him all over the world, from the east coast of Australia, Bali and the south shore of Oahu, Hawaii. For Angus it is “the ability to travel, the creativity and how unpredictable the Sport is” that keeps him paddling out each time.

Cranbrook continues to support Angus’ passion. Without “the amazing facilities that keep me in good condition, Mr Danks the Director of Sport and my Housemaster Mr Davis who give me time off of School when I am travelling for competitions, along with the support from my peers” Angus acknowledges that he would not be at the level he is today.

In 2021 Angus was selected for the Surfing NSW Team. He trained in Melbourne’s artificial wave pool and travelled to the Gold Coast to train at the Olympic training facility as part of a year-long coaching programme. Despite his already immense achievements, he continues to strive for better. His ultimate goal is to be proud of each time he competes and continue travelling with his Sport around the world.

Angus’ best advice for other athletes is simply to “Love what you do. Practice a lot and engage with others involved.”



MAX MOYLAN OF YEAR 10 RECEIVING A MEDAL FOR HIS OPEN WATER SWIMMING EFFORTS

Open Water Swimming

Max Moylan (Year 10) takes swimming to another level, competing in gruelling Open Water races several kilometres in length. After swimming through shark infested Sydney Harbour, around entire headlands, through heavy rain and in rough surf conditions, the Sport has prepared Max for anything life could possibly throw at him.

“No Open Water race is the same as the last,” says Max. “The conditions are constantly changing. The other great aspect is there are no lane ropes holding you back from getting up close and personal with other racers. It makes for an exciting and unique race environment each time.”

During peak season, Max trains in the pool between seven and eight times a week, along with at least three gym sessions. The elite coaches and staff at the School’s new Murray Rose Aquatic & Fitness Centre work to support Max’s passion in a competitive yet nurturing environment.

Max’s fondest memory of Open Water racing is from the 2022 Australian Championships in Adelaide: “For the five kilometre they lined everyone up right from the youngest age group through to the oldest and started us all at once. It was a race of who could get to the turning buoy first, without getting crushed by the one hundred strong hordes of swimmers. It was probably the scariest but most exciting race I have ever competed in.”

For Max, it is the excitement after finishing each race which gives him hunger for the next. The Year 10 student is already aware of the challenge of balancing School, Sport and a social life, however the reward he feels after training and racing makes the hard times well worth it.

“I would recommend to any student willing to put in the work to give competitive sport a go, you make life-long friends, gain core morals, values and disciplinary skills that stick with you through School and day to day life” says Max.

Next on Max’s hit list is to make the NSW or Junior Australian team which he knows he can achieve with lots of hard work, training and dedication.



NOAH TEITLER (YR 9) AND MAX MOYLAN (YR 10) AFTER COMPETING IN THE NORTH BONDI CLASSIC OPEN WATER SWIM



NOAH TEITLER (YR 9) BEING RECOGNISED BY SOUTH MAROUBRA SURF CLUB FOR HIS ACHIEVEMENTS AS A SURF LIFE SAVER



Surf Life Saving

Noah Teitler is already making waves in the world of Surf Life Saving (SLS) across Australia. Beginning the Nippers programme as young as five years old and advancing to a qualified lifesaver at the minimum age of 13, the Year 9 student is passionate about his Surf Club and most importantly, saving lives.

Alongside regular lifeguard volunteering, Noah competes and trains at an elite level during peak season. With four pool sessions, three surf and paddle sessions, a gym session, theory and simulation revision alongside working towards his Bronze Medallion with additional Inflatable Rescue Boat practicals each week, Noah is far from bored.

In his early years, Noah feared the water so his parents enrolled him in Nippers. To reduce his anxiety around the water, his dad completed his own Bronze Medallion to assist Noah. Now, Noah sits on the Youth Advisory Committee for Surf Life Saving Sydney, meeting once a month to discuss and plan how to better engage youth in SLS. He recognises the multiple pathways the Sport has to offer. “It’s not all about patrolling the beach or competing every weekend, you can go on offshore patrols, fly drones, run an operations centre, or even do helicopter rescues!”

“(SLS) has provided me with leadership development opportunities and meeting a whole bunch of new people from around Australia” says Noah. Last year, he competed at the Australian Nationals for Junior Surf Life Saving in Surfer’s Paradise, won South Maroubra Surf Club’s Junior Lifesaver of the Year Award and was nominated as one of SLS New South Wales’s Junior Life Savers of the Year.

Noah’s fondest memory of SLS was his first ever rescue on patrol. He had just turned 13 when he spotted a little boy in the middle of a rip, drifting far outside the flags. He grabbed a rescue tube and sprinted 200 metres down the beach, swimming out to the boy and navigating him away from danger.

With a goal of becoming CEO of SLS Australia, Noah aims to work his way up and become Patrol Captain of his local beach, South Maroubra. He realises he needs to be at his best capacity for every rescue: “I stay motivated at training by telling myself if I don’t show up or give it my all, one day I might not be fit or fast enough to perform a successful rescue, that is on me, and I wouldn’t be able to live with that.”