



Sport at Cranbrook

A big welcome to the 2025 Sports Year for all returning and new members of our community. Cranbrook Sports programme is wide, varied and undertaken in a spirit of genuine education. The programme promotes inclusiveness, opportunity, and competition. We believe sport teaches valuable lessons about resilience, challenge, courage, failure, teamwork, and success. Students are driven to challenge themselves through the development of their skills, through training and conditioning, with a strong focus on balancing the comradery of team success with the satisfaction of individual achievement. Below is a helpful guide for all sporting information for 2025. Looking forward to a fantastic year of sport!

Our Sports

Cranbrook offers a diverse range of sports to students in both the Summer and Winter seasons. These sports are listed below; further information about each is outlined in the About Our Winter Sports and About Our Summer Sports documents.

Summer Season

- Basketball
- Cricket
- Rowing
- Sailing
- Swimming
- Tennis
- Touch Football (Year 11 and 12)
- Volleyball (Year 11 and 12)
- Water Polo

Winter Season

- AFL
- Football/ Soccer
- Cross Country
- Rugby Union
- Swimming
- Volleyball (Year 10, 11 and 12)
- Winter Tennis

Snowsports

Snowsports is offered alongside our Winter sports programme for those who are interested. Students compete at the Regional Interschool Snowsports Competition and have the opportunity to advance to State and Nationals.

Athletics

Athletics also forms part of the sports programme, with the season taking place in the middle of Term 3. Students are selected into various events with the top two performers in each discipline representing Cranbrook at the CAS Championships in late September.

Term	Weeks	Season
Term 1	Weeks 1 to 6	Summer Sport
Term 1	Weeks 7 to 10	Winter Sport
Term 2	Weeks 1 to 10	Winter Sport
Term 3	Weeks 1 to 3	Winter Sport
Term 3	Weeks 4 to 10	Athletics
Term 4	Weeks 1 to 10	Summer Sport



Training

Students in Years 7 to 10 have sports training linked to the Personal Development, Health and Physical Education curriculum. The first training session each week is held during the timetabled lessons as follows:

- Year 7: Monday, Periods 3 and 4
- Year 8: Tuesday, Periods 3 and 4
- Year 9: Monday, Periods 5 and 6
- Year 10: Tuesday, Periods 5 and 6

The second training session is conducted later in the week, either before or after school, depending upon the sport.

For students in Years 11 and 12, sports training takes place before or after school only.

Fixtures

Fixtures are generally held on Saturdays, with some swimming, basketball and swimming fixtures may take place on Friday evenings.

Cranbrook hosts fixtures at both its Senior School and Junior School campuses, and at local council grounds.

Fixtures are also held at other school venues in Sydney. Occasionally, fixtures will be held at schools in regional locations, such as Bathurst or Armidale.

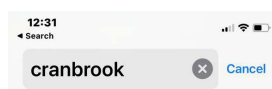
Cranbrook School App

The **Cranbrook School App** is the primary means of communication in relation, to fixtures, and matters such as cancellation of before or after school training.

The app is updated of all fixtures for the coming weekend by Tuesday afternoon each week and contains information regarding who, where and when each team is playing, as well as links to maps and directions to venues. Notifications regarding changes or cancellations due to weather conditions. It is strongly recommended that all parents download the App prior to their son commencing at the school.

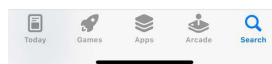
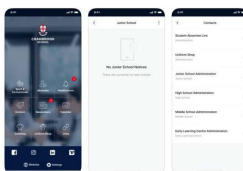
How to download the Cranbrook School App

The App is free to download from the Apple or Google app store to your Apple or Android device.



Cranbrook School
Education

GET



When signing in for the first time, the username will be the email address you currently have registered with the school.

You will be prompted to create a new password.

For Senior School Parents with log in issues - please email hdesk@cranbrook.nsw.edu.au

If you have children at both junior and senior school campus, please contact the Junior School Reception on 9327 9100 in the first instance

Strength and Conditioning Programme

The School has a comprehensive Strength and Conditioning programme, catering for the needs of all students, under the guidance of the Head of Athletic Performance.

This facility is available from 6.30am to 8.00am, and from 3.15pm to 5.00pm, each school day.

It is also available during Sport in the Timetable training sessions to assist in the rehabilitation of students from injury.

This space is available for all students who wish to train and improve.



Attendance

Before/after school training and Saturday fixtures are a compulsory part of Cranbrook Sport. If you wish to seek exemption from Saturday Sport, a letter is required 2 weeks in advance. Exemption from sport is at the discretion of the Director of Sport.

If your child is sick and cannot attend Saturday sport, a medical certificate will be required on the day your child returns to school.

Attendance at sport is treated exactly the same as attendance on a normal school day.

Wet Weather

If there is wet weather during the week, students will be informed about updates by the sports administration or managers.

On the weekend, all fixture updates will be sent via the Cranbrook School App. Please ensure notifications for Cranbrook School App are enabled.

External Sport Commitments

Cranbrook sport will always take priority over any external sporting commitment. Exemptions will need to be sought in writing to the Director of Sport, 2 weeks prior to the exemption date.

Injuries

When a student is injured and exempt from sport, the student should attend rehabilitation in the Weights Centre.

All injuries must have a supporting medical certificate and any prescribed rehabilitation notes.

All students are expected to attend their Saturday fixture to support their team. Students should be dressed in full school uniform or full school tracksuit.

Sports Camps and Tours

Cranbrook also offers an extensive array of holiday sports camps. These camps are run by coaching staff as well as outside providers, such as Pro Performance Cricket.

All students are encouraged to attend these camps to further develop skills associated with their sport.

The Sports Department also offers numerous exciting opportunities for students to participate in optional sports tours both within Australia and overseas.

Sports camps and tours are an additional cost on a user pays basis.

Sports Uniform

The Cranbrook sports uniform is comprised of a range of high quality sportswear, designed to meet the needs of each individual sport, and available from the Uniform Shop.

Students are required to wear the complete and correct Cranbrook Sports uniform for their sport for all fixtures.

Sports Awards & Recognition

Colours are the highest recognition for contribution to a Cranbrook Sport or Activity and recognise outstanding and distinguished achievement through the demonstration of excellence, character and commitment over time to the school in this activity.

It is expected that all Colours recipients will reflect the highest standards of behaviour and act as a positive role model and ambassador for their sport or activity.

A pre-condition for recognition by the School is conduct consistent with the Cranbrook Motto and School Prayer.

Colours and EQV Awards may be awarded by the Headmaster to students who satisfy both the general and specific eligibility criteria.



Selection Process

Nominations are put forward to the Co-Curricular Committee after consultation with senior team coaches, Heads of Sport and Heads of Activities.

Colours will be announced at a Whole School Assembly and EQV at House Assemblies.

The Headmaster has full discretion as to who is to be awarded Colours and EQV.

- full details of Co-Curricular Awards and Criteria are available via the Staff Portal, under the Resources tab.

Key Senior School Sport Department Contacts

- Matthew Grice
Director of Sport, P-12
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- Claire McCabe
Co-Curricular & Sports Coordinator
cmccabe@cranbrook.nsw.edu.au
- Edward Lewis
Sport Operations Coordinator
elewis@cranbrook.nsw.edu.au

Queries

If you have any queries, please do not hesitate to contact Co-Curricular & Sports Coordinator

Claire McCabe on cmccabe@cranbrook.nsw.edu.au

I look forward to working with your child during their time at Cranbrook School.

Kind regards,

Matthew Grice,
Director of Sport