



FALCON SPORT HANDBOOK



North Sydney Boys High School

<https://northsydbo-h.schools.nsw.gov.au/community/falcon-sport.html>

WHAT IS FALCON SPORT?

Falcon Sport is a parent-run organisation that provides a co-curricular sports program for North Sydney Boys High School (NSBHS) students.

The aim of Falcon Sport is to encourage the enjoyment of sport and to support the personal and social development of the boys through participation in team-based and individual sports.

This additional program is external to the school sports program and Wednesday grade sports. Falcon Sport is available before and after school, and on weekends.

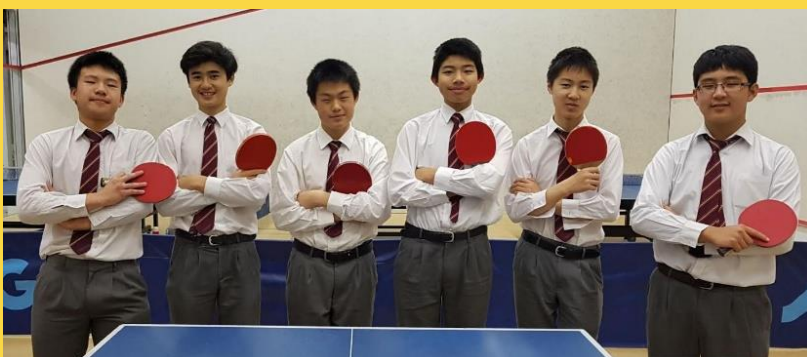
Participating in Falcon Sport gives students from different backgrounds the opportunity to develop new friendships and to socialise with their schoolmates.

The bonds of friendship developed through Falcon Sport often endure well beyond the school years. Falcon Sport also provides parents with opportunities to get to know each other and to get involved in the boys' sporting activities.



WHY JOIN FALCON SPORT?

- ✓ Falcon Sport certificates awarded for outstanding effort, performance and sportsmanship at the end-of-year school assembly.
- ✓ Falcon Sport badge awarded for 2 and 5 years participation, which can be worn on ties and blazers.
- ✓ Don Northey Award for the most proficient player in any sport (criteria based on skill, number of years played and service to the sport).
- ✓ Invitation to annual end-of-year BBQ in Term 4 (during school hours) where boys can socialise with their Falcon Sport teammates as well players from other sports.
- ✓ Eligibility for leadership coaching program for Year 9 Falcon Basketball players. This can also continue through to senior years and after graduation.
- ✓ All Falcon Sport participation contributes towards the "Skill" category in the Duke of Edinburgh award program.





FALCON BADMINTON

About

Falcon Badminton provides students the opportunity to play badminton on a weekly basis after school.

Students of any level can join Falcon Badminton.

When your son joins Falcon Badminton, he will work in groups with coaches who are experienced in the sport.

Even if your son has little or no experience, through group coaching, he will pick up the fundamental skills needed to play.

Your son can choose the group that meets his skillset and experience.



Students with more experience can widen their skills in badminton, and learn new techniques and methods so that they can play their best.

Students are placed in one of two groups - Beginners and Experienced players, with each group having one coach.

Time and Facilities

Falcon Badminton sessions are usually held every Wednesday and Friday after school in the school gym, with shuttlecocks and nets provided.

Sessions run from 3:30PM to 5:30PM.



Convenor

Rachel Yeo
rachelyeo888@gmail.com



FALCON BASKETBALL

About

Falcon Basketball was established to promote study-life balance and that sport and study are not mutually exclusive.

Basketball is a very popular sport at the school, and Falcon Basketball competes in the competition as part of the Northern Suburbs Basketball Association (NSBA).

The games are scheduled on the weekday nights and weekends at venues around the Northern Suburbs.

Convenor

Hong Liu
falconbb.nsbhs@gmail.com



Facilities and Coaching

We have a student/alumni coaching program. Selected boys from Year 9 onwards and alumni provide weekly coaching sessions and attend games for younger age groups.

Coaching takes place in the school gym and outside courts after school.

Competitions and Results

There are two competitions a year except U13 Miniball with 3 competitions.

All the games occur during the school terms.

In 2021 Falcon Basketball had 15 teams with around 140 players across 4 age groups (Under 13, 14, 16 and 18) entering the NSBA competition. Three U16 teams and one U18 team made it through to the semi-finals. One U16 team progressed to and won the final.





FALCON FOOTBALL

About

Falcon Football is a wholly parent-run organisation started in 1993.

We provide the opportunity for students from the school to play weekend sport with their schoolmates.

While we like to win, we prioritise fun, sportsmanship and safety.

Football is a fantastic way to develop the following skills which will be helpful to you throughout your life:

- Communication
- Teamwork
- Resilience
- Sportsmanship
- Coordination
- Fitness

Competitions

We compete against other teams in the North Shore via the Northern Suburbs Football Association (nsfa.asn.au).

Some of these teams are mixed, ie. boys and girls.

Each year we plan to enter teams in each of U13, U14, U15, U16 and in U18's, as well as teams in the Men's All Age competition.

The latter is open to current and past students as it is a good way to stay in touch with old school friends while staying fit!

While most of our players are from North Sydney Boys High School, we welcome boys from other schools too.

Registrar

Paree Vallis
ffregistrar@gmail.com

If you have friends you'd like to play with, please invite them to join us.

We try to have about 15 players on each roster, including one or two goalkeepers.

For more information please see :

- www.nsbhsfc.com.au
- www.facebook.com/nbsbhsfalconfootball



FALCON ORIENTEERING



About

Falcon Orienteering is fun!

- Use a map and a compass to be the fastest to get around a set course
- Use your body AND your brain – orienteering isn't just about being fast, it's about being smart as well
- You can enter a variety of events, all over Sydney
- There are lots of different styles of events, including line courses, score courses, relays, school championships, bush or urban events



Falcon Orienteering is flexible.

- No regular commitment is required
- Do as much or as little as you like
- Mostly individual events

Convenors

Andre Wu and Sabrina Dai
nsbhs.orienteering@gmail.com

Coaching

Senior boys provide coaching at events.

Separate training days, provided by professional orienteers, are also offered at the start of each year.

Regular training is optional.

Competitions

Choose from multiple events held in and around Sydney every week, on Wednesdays, Saturdays and Sundays





FALCON SQUASH

About

Squash is a fun, exciting, social and competitive indoor racket sport.

Squash is played by two players (or four players for doubles) in a four-walled court with a small hollow rubber ball.

Forbes Magazine voted squash as the healthiest sport in terms cardio-respiratory and muscular endurance, flexibility, and calories burned in 30 minutes.

For its fast pace and requirement of mental agility, squash has also been described as “jet-propelled chess”.

Convenor

Yan Han
yan@sommer.net.au

Facilities and Coaching

The students participating in the Falcon Squash program receive professional coaching and guidance from the team at Willoughby Squash Club.

Competitions

In 2021 the North Sydney Boys squash team competed in the CHS Schools Knockout, as part of the Sydney North region, and were crowned the Sydney North regional champions. This was just the second year the school competed in CHS Squash.

Three of the NSBHS players were selected to represent Sydney North at the CHS State Carnival.

Niall Boomla and Ryan Chen travelled to Coffs Harbour for the CHS State Carnival as part of the Sydney North regional team. The Sydney North regional team won and are the state champions for 2021.

Due to COVID-19, all CHS competitions were cancelled in 2020.

Falcon Squash players are all eligible to compete in:

- NSW CHS Squash
- Sydney Junior Squash Pennant
- Local, state and national tournaments

You have the opportunity to learn and play squash socially or represent the school and state.



FALCON TAEKWONDO

About

Taekwondo is a traditional Korean martial art which recently has become an Olympic sport, with over 30 million practitioners in 156 countries.

A key benefit of learning Taekwondo is that Taekwondo develops both mental and physical traits such as resilience and humility that will stay with the boys throughout their lives.

Facilities and Coaching

Falcon Taekwondo is held at Chung Do Taekwondo (ZidoHub Chatswood, inside Lemon Grove shopping centre).

Classes cover both "martial arts" and "sport" elements of Taekwondo. They are taught by Master ZiChuan Lim who started learning Taekwondo in 1995 and instructors from Chung Do Taekwondo.

The instructors at Chung Do Taekwondo are all passionate about Taekwondo and the development of students as tomorrow's leaders.

Competitions

During their Taekwondo journey, the boys will be required to enter competitions.

They can pick poomsae (forms - non contact), sparring or both.

The difficulty of the competitions range from beginner through to National and International.



Convenor

Master ZiChuan Lim
chungdotkdsyd@gmail.com





FALCON TABLE TENNIS

About

Falcon Table Tennis encourages participation and good sportsmanship; and welcomes players of all levels, from beginners to advanced.

Table Tennis is a 'Brain Sport' featuring a mix of aerobics, strategy, speed and co-ordination.

It is about fast-action problem solving with spin, speed and placement, like high speed chess without chairs.

Beginner players learn basic skills and game format from a NCAS accredited table tennis coach while experienced players receive guidance and refine their skills.

Players are given the opportunity to apply skills learnt in class where they challenge each other to games for higher positions on the ladder.

This creates opportunity for further growth as players learn to strategise and use basic skills and technique in a fun yet competitive game format.



Players who wish to take on more challenge can also join our teams to play in Sydney Northern District Table Tennis Association (SDNTTA) competition (extra fees apply).

Convenor

Eliza Lee
nsbtabletennis@gmail.com



Facilities and Coaching

Falcon Table Tennis is played at Willoughby Squash Club and professional coaching is provided.

FALCON TENNIS



About

At North Sydney Boys High (NSBH), our Falcon Tennis Program is designed to provide students with the opportunity to combine academic studies with professional training within the elective school environment.

Tennis helps you deal with physical, mental, social and emotional challenges, which increases your capacity to deal with stress at HSC.

Tennis is a sport that is based on evaluating angles, geometry and physics to get the best result, which translates into better problem-solving off the court.

NSBH students demonstrate ability and interest in tennis. They possess a strong commitment and positive attitude to academic studies.



Competitions

NSBH students can enter local competitions at Tennis World North Ryde or NSTA.

There are also friendly competitions between NSBH, North Sydney Girls High and Cammeraygal High.

Convenor

Vickie Ma

falconsporttennis@gmail.com

Facilities and Coaching

Falcon Tennis uses the school front tennis courts and back yard tennis courts for both coaching and training on Tuesday and Friday afternoons after school.

For the last 10 years, Tennis World - Lane Cove tennis club come to our school and provide professional training to our boys.





FALCON VOLLEYBALL

About

At North Sydney Boys High School (NSBHS), volleyball has become a popular sport with increasing number of students taking up the sport in last two years.

Playing volleyball strengthen the upper body, arms, shoulders, thighs, abdominals, and lower legs. Volleyball can also improve hand-eye coordination, reflexes, and balance.

It teaches teamwork and communication and is a great social activity within our school.

Volleyball is invaluable because it builds discipline and character. It also forces athletes to keep up with their grades and teaches them to work through adversity with teammates and coaches

NSBH students have demonstrated high level of ability and interest in volleyball with strong commitment and positive attitude towards their academic studies.

Facilities and Coaching

Falcon Volleyball uses the school gym for practice session on Wednesday and training with coach on Thursday afternoon.

Many of our boys also join other volleyball clubs and represent those clubs to play competitive volleyball at Sydney Olympic Park.

Convenor

Juliana Wong and Wenyun Ji
volleyball.nsbhs@gmail.com

Competitions

At NSBH, there are 4 grade volleyball teams. U14, U15, Open x 2.

NSBHS also competes in:

- NSW Volleyball School Cup
- Other clubs such as North Sydney Volleyball Club and Baulkham Hills Volleyball Club
- Other schools including Epping Boys High School, Normanhurst Boys High School and Homebush Boys High School, etc

FALCON SPORT CONVENORS



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TENNIS

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