



# 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 run by parents that delivers an extracurricular sports program for students at North Sydney Boys High School (NSBHS). Its core mission is to foster a love for sports and contribute to the personal and social development of the boys through participation in both team and individual sports.

This supplementary program is separate from the school's official sports program and Wednesday grade sports. Falcon Sport offers sessions both before and after school, as well as on weekends, providing students with various opportunities to engage.

Participating in Falcon Sport not only allows students from diverse backgrounds to form new friendships and socialize with their peers but also establishes enduring bonds of friendship that often last well beyond their school years.

Furthermore, Falcon Sport gives parents a chance to connect with one another and actively engage in their sons' sports 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.

These sessions are held in the school gym, with shuttlecocks and nets provided.

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.

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 3 groups – Beginner, Intermediate and Advanced, with each group having one coach.

## Competition

During 2023, the students participated in two NSW Inter-Schools Badminton Novice Teams Competitions with outstanding results.

In May, one team came first and another team second in their divisions. In August, two teams both came first in their divisions.



## Convenors

Bojia Ou and Donna Pan  
[falconbminton@gmail.com](mailto:falconbminton@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.

## Convenors

Christine Wei and Vanessa Chau  
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 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

## Convenor

Yan Han  
[nsbhs.orienteering@gmail.com](mailto:nsbhs.orienteering@gmail.com)

## Competitions

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





# FALCON SQUASH

## About

Squash, the newest addition to the 2028 Summer Olympic Games, is a dynamic indoor, all weather and all year round 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**

## Facilities

Falcon Squash is run at Willoughby Squash Club supported by professional coaches.



## Competitions

Our players have been school representatives at CHS Squash competitions since 2017, consistently achieving impressive results.

Yan Han  
falconsquash.nsbhs@gmail.com



In 2023, our school team became Sydney North region champions and secured a 3rd place at the state level.

In addition, one of our players earned a spot on the NSW CHS Squash team in 2023.

Squash is a grade sport and a recreational sport at NSBHS.

Come and try squash, it's fun, fast and great for your fitness.





# 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

As part of the Falcon Sport program North Sydney Boys students can attend classes at any of our locations for a discounted rate.

Classes are taught by Master ZiChuan Lim and Coach Andy Pham.

Master ZiChuan started Taekwondo in 1995 and has since gained extensive experience in both "traditional" and "sport" Taekwondo.

Coach Andy Pham is currently on the Australian Poomsae team and competed at the World University Games (Universiade) in Naples Italy during 2019.

## Convenor

Master ZiChuan Lim  
chungdotkdsyd@gmail.com

## 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.







# 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).

## Facilities and Coaching

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

## Convenor

Henry Zhang

[falcontabletennis2022@gmail.com](mailto:falcontabletennis2022@gmail.com)



# 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.

## Convenor

Vickie Ma

[falconsporttennis@gmail.com](mailto: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 has come to our school and provided professional training to our boys.







# FALCON VOLLEYBALL

## About

At North Sydney Boys High (NSBH), volleyball has become more and more popular and the number of players is increasing during last two years.

Playing volleyball strengthen the upper body, arms, shoulders, thighs, abdominals, and lower legs.

In addition, volleyball improves hand-eye coordination, reflexes, and balance.

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

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

NSBH students demonstrate high level of ability and interest in volleyball with strong commitment and positive attitude to their academic studies.

## Facilities and Coaching

Falcon Volleyball uses the school gym for training.

In 2021 a NSBH old boy trained and coached our players.

We plan to set up a student coaching program like Falcon Basketball to encourage senior boys to continue training the junior boys.

## Convenors

Juliana Wong and  
Wenyun Ji

[volleyball.nsbhs@gmail.com](mailto:volleyball.nsbhs@gmail.com)

Many boys also join different volleyball clubs as a club representative to play volleyball competition during the winter season at Sydney Olympic Park.

## Competitions

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

NSBH also competes in:

- NSW Volleyball School Cup
- Competes with other clubs including North Sydney Volleyball Club and Baulkham Hills Volleyball Club
- Compete with other schools including Epping Boys High, Normanhurst Boys High, Homebush Boys High.

# FALCON SPORT CONVENORS



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