



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.
- ✓ Falcon Football players are eligible to join the student soccer coach program.
- ✓ 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.

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.

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



Time and Facilities

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

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

As the school gymnasium is currently undergoing extensive refurbishment which is expected to finish in Term 3 2020, new registrations will be suspended until mid 2020.

We still accept expressions of interest and will place interested students in the waitlist.

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 team coaches are selected from our current senior basketball players by way of a “Leadership Program”.

Convenor

James Yu
falconbb.nsbhs@gmail.com



Facilities and Coaching

Over the last few years we have successfully used the services of our senior boys at the school (Year 9 and Year 10 basketball players) as coaches.

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

Competitions and Results

During 2019 Falcon Basketball had 14 teams entered across 4 age groups (Under 13, 14, 16 and 18) in the NSBA competition.

Our Yr 12 team is competing in the top level U18 D1.

In 2019, a Yr 9 team won the championships for their division.

One of our Yr 7 teams made up of mainly beginner players made it to the grand final of their division.

Last year, North Sydney Boys had 2 championship teams in 2018, a Yr 10 team and a Yr 9 team.



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.

Convenors

Tom Gilling
Nihal Ekanayake
nsbhsfc@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/nsbhsfalconfootball



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

Natalie Grainger
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.

During 2019, the boys have received coaching from:

- **Geoff Davenport**
Current World Masters Squash Champion who has won a record 6 World Masters titles.
- **Darcy Evans**
Head coach at Willoughby Squash and a former PSA player.
- **Shehana Vithana**
Former Number 1 junior and a current WISPA player.

Competitions and Results

During 2019, for the first time, North Sydney Boys High School (NSBHS) entered a team in the NSW CHS Sydney North Knockout, and had a wonderful result, coming runner-up.

James Sommer was selected into the regional Sydney North team and also the NSW CHS State team.

NSBHS competes in:

- NSW CHS Squash
- Sydney Junior Squash Pennant
- Local, State and National tournaments

NSBHS students have the opportunity to 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 the North Sydney Girls High gym.

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.

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.

Convenor

Eliza Lee
nsbtabletennis@gmail.com

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.

We also have a voluntary buddy system which provides our experienced players the opportunity to help beginners and this can count towards the volunteering service hours of the Duke of Edinburgh Award.



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.

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 the Sunday morning NSTA competition at Tennis World North Ryde.

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

Convenor

Roland Zhong
roland_unsw@yahoo.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

Falcon Volleyball will be offered for the first time as part of Falcon Sport in 2020.

Playing volleyball strengthens 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 school.

North Sydney Boys High School (NSBHS) students demonstrate high level of ability and interest in volleyball with strong commitment and positive attitudes towards their academic studies.

Facilities and Coaching

Falcon Volleyball training sessions and games are held at Sydney Olympic Park – Homebush.

We will look to have training sessions at the school (subject to availability), once the school gym construction is completed in late 2020.

Senior and old boys of NSBHS provide coaching at the training sessions.

Many of our coaches currently play at both clubs as well as representative level at the Sydney Olympic Park.



Competitions

Falcon Volleyball will compete in the Sydney North Volleyball Club, at Sydney Olympic Park (www.snv.org.au)

Currently volleyball is also available as part of the school sport program at NSBHS.

Falcon Volleyball is separate and independent from the school program.



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