

Recreational Sport

Students at Caringbah High School have the opportunity to participate in a range of recreational sports on a weekly basis across Years 7-10.

Year 7 participate in Swimming, tennis, gym and lifesaving.

Year 8-10 students choose sport blocks and have the opportunity to participate in recreational sports and activities including:

- 5-a-side soccer
- Body fit weights and cardio
- Rock climbing
- Fencing
- Sky zone
- Surfing
- Table tennis
- Ten pin bowling
- Trampolining
- Yoga
- As well as others and a range of sports at school

“Do you know my favourite part of the game? The opportunity to play”

Mike Singletary

Sports Carnivals

Caringbah High School have had great success in Athletics, Swimming and Cross Country carnivals with numerous students representing the school at zone, regional and state competitions.



For more information on sport at Caringbah High School please contact PDHPE staff or the Sports Organiser for which you would like more information;

- Mr Littlejohn – Representative, state knockout teams and Carnivals (swimming, cross country and athletics)
- Ms Williams – Wednesday sport choices

Please also see articles on the School website or our Instagram page “caringbahsport” for the latest news.



CARINGBAH HIGH SCHOOL

SPORT



Representative Sport

Our sporting programs build on a long tradition of excellence in sporting achievement across the region.

Sport is an integral part of Caringbah High School and is highly encouraged as we aim to develop each individual as a whole.

The team building, confidence and enjoyment that the students obtain from participating in our sport teams and programs help our students build self-esteem and acquire skills which can also be transferred to other areas of life.



Within the Combined High Schools competitions, as well as other elite sporting competitions, Caringbah students compete in and have the opportunity to seek selection in a range of representative teams in sports including; soccer, rugby league, rugby union, basketball, netball, touch, Oztag, surfing, table tennis, gymnastics, skiing, skating, tennis, squash, baseball, softball, hockey, water polo, fencing, futsal, dance plus many more.

We have had great success with teams winning the regional finals as well as many students being selected to represent zone, regional, state and national teams. Our most recent successes over the past few years are:

- Junior Boys Cricket team won the Sydney East knockout competition
- Open Girls Soccer won the region in consecutive years and progressed through to finish 3rd in NSW
- Open Boys Baseball progressed through to the NSW state finals
- Open Boys and Girls Netball progressed through to the final NSW state knockout competition
- Hockey semi-finalists CHS competition
- Futsal open girls and U/16 boys finalists in NSW all schools championships 2019

Success stories

We have also had many individual success stories. Some of which include:

- Oli Raymond of Year 12 representing Australia in the under 20 World Cross Country Championships in Denmark and then returning home to place 3rd in the open division of the 2019 Sutherland to surf.
- Harry Roberts was selected in the NSW all schools hockey team in 2019.
- Chloe of Year 11 represented Australia at the junior world short track speed skating championship in Montreal in 2019.
- Bianca Bristow has been selected into the national gymnastics squad for 2019.

