



SPORT INFORMATION 2026

PRIMARY AND SECONDARY



CONTENTS

Sports Administrator's Address	3
Student Code of Conduct, Illness & Injury and Wet Weather	4
Sports 2026	
Primary and Secondary	
Athletics	5
Basketball	6
Dance	7
Kickboxing	8
Netball.....	9
Tennis.....	10
Primary Only Sport	
Rhythmic Gymnastics	11
Secondary Only Sports	
Hills Zone Futsal.....	12
Hills Zone Netball.....	13
Hills Zone Touch Football.....	14
Hills Zone Volleyball.....	15
Representative Sport	
HZSA & Pathways	16
HZSA Code of Conduct	16
Duke of Edinburgh	
What is the Duke of Edinburgh?	17
What are the Age Requirements?	17
Bronze Level Re-imagined	18
Timetable	
Term 1	19
Term 2	19
Term 3	20
Term 4	20

SPORTS ADMINISTRATOR'S ADDRESS

Dear Tangara Parents

It is with great enthusiasm that I present the Sports offerings for 2026. At Tangara, it is compulsory for students to undertake a minimum of two terms (one semester) of sport.

There is no denying the immense benefits physical activity has for young women, including but not limited to, mental health benefits, overall fitness, stress reduction and management. More so, the valuable lessons learnt through teamwork, communication, negotiation, perseverance, and goal setting allow our girls to grow in their virtues.

This document outlines the details of all the sports available to our students in 2026. Once you have perused the options with your daughter, please follow the "HOW TO ENROL" instructions for each selection. It is important to note that most activities have capped numbers so it is advised to make your selections in a timely manner to avoid disappointment.

We endeavour to give as much opportunity for diverse physical activity pursuits to our students and encourage them to step out of their comfort zones in 2026.

I look forward to seeing lots of jumping, skipping, throwing, hopping, running and smiling faces around the school soon.

Kind Regards,



Mrs Alison Benson
Sports Administrator

SPORT AT TANGARA

STUDENT CODE OF CONDUCT

The school has implemented codes of conduct for all students representing Tangara in sport.

- I will always play by the rules
- I will never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- I will control my temper. I understand that verbal abuse of officials and sledging other players and deliberately distracting or provoking an opponent is not acceptable or permitted behaviours in any sport
- I will work equally hard for myself and/or my team
- I will be a good sport and applaud all good plays whether they are made by my team or the opposition
- I will treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor
- I will cooperate with my coach, team members and opponents
- I will display modesty in victory and graciousness in defeat
- I respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background
- I will thank the opposition, officials and coach at the end of the game
- I will arrive to trainings and games on time with the correct uniform and inform my coach if I am unable to make it to a game or training

ILLNESS AND INJURY

Unless the circumstance or situation is exceptional, students will not be refunded for sessions missed. Any extenuating circumstances need to provide documentation to Mrs Alison Benson.

WET WEATHER

Please refer to each outdoor activity for specific wet weather procedures.

SPORTS 2026

PRIMARY AND SECONDARY

Athletics

Our Athletics classes aim to support the overall development of both track and field skills.

Term	2 and 3
Time	Primary 3.15pm-4.15pm <i>(Tuesday afternoons in 2025 - 2026 TBC)</i> Secondary 4.15pm-5.15pm <i>(Tuesday afternoons in 2025 - 2026 TBC)</i>
Location	Tangara Oval
Cost	\$150 per term <i>(based on a 10 week term)</i>
How to Enrol	Please complete the Google Form
Wet Weather	An email will be sent from sport@tangara.nsw.edu.au before 12pm on the day if cancelled. You will not be charged for this session.
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2026

PRIMARY AND SECONDARY

Basketball

The Tangara Basketball Club has a large number of teams which play in the Hills Basketball Association Competition.

Term	Summer Term 4, 2025 & Term 1, 2026 - <i>season underway</i> Winter Term 2 & 3, 2026 Summer Term 4, 2026 & Term 1, 2027
Time	One training session per week, generally after school Game each Tuesday or Saturday for Primary Game each Tuesday, Thursday or Friday for Secondary (<i>dependent on age group</i>)
Location	Training at Tangara & games at Hills Hornets Basketball Stadium
Cost	Yearly Hills Hornets annual membership - <i>payable directly to Hills Hornets</i> MINIBALL - \$120 (online) JUNIOR - \$135 (online) SENIOR - \$150 (online) Tangara Player Registration - valid per season \$260 - includes team entry, games and uniform hire (<i>must be returned if not playing</i>) <i>Fees are subject to change and additional fees may be applicable for external coaches</i>
How to Enrol	Please refer to the Tangara Basketball website for all registration details TANGARA BASKETBALL WEBSITE
Wet Weather	Please contact the coach in the first instance
Contact	Tangara Basketball basketball@tangara.nsw.edu.au



SPORTS 2026

PRIMARY AND SECONDARY

Dance

Dance is here to stay at Tangara!

The classes will consist of a combination of Jazz/Funk/Hip Hop (JFH) and Modern/Contemporary Dance. All styles and performances will be appropriate to the age group.

Terms	1-4
Time	Kindy & Year 1 Wednesday Lunch 12.30pm-1.30pm Year 2 & 3 Friday Lunch 12.30pm-1.30pm Year 4, 5 & 6 Wednesday Afternoon 3.30pm-4.30pm Year 7-12 Wednesday Afternoon 4.30pm-5.30pm
Location	Dance Rooms
Uniform	Primary – sports uniform or black top/leggings & jazz shoes/sneakers Secondary – black top/leggings & jazz shoes
Cost	\$240 per term <i>(based on a 10 week term)</i>
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

Please note class sizes are limited and will be filled on a first come, first served basis



Meet Mrs Rebecca Semenov

Mrs Semenov graduated from the University of New South Wales (UNSW) in 2006 with a Bachelor of Arts (Dance) and a Bachelor of Education. She has extensive experience teaching Dance to students of all ages in local dance studios, as well as in primary and secondary schools across Sydney. While she enjoys teaching all styles of Dance, she has a particular passion for Jazz, Modern and Contemporary. Her expertise extends beyond the classroom as well – she is an HSC Dance marker, and most recently served as the Choreographer for our Tangara/Redfield production of *High School Musical*.

SPORTS 2026

PRIMARY AND SECONDARY

Kickboxing

Kickboxing will continue to run at Tangara in 2026 for students in Year 6 – Year 12.

The girls will have the opportunity to learn kickboxing skills which have benefits including physical and emotional wellbeing, reducing stress, appreciation for self-achievements, discipline, commitment and overall fitness achievements.

Term	1-4
Time	Year 6-12 Friday Morning 7.15am-8.00am <i>(TBC)</i>
Location	Yarra Hall
Uniform	Tangara sports uniform or appropriate training clothes
Cost	\$150 per term <i>(based on a 10 week term)</i>
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2026

PRIMARY AND SECONDARY

Netball

The winter season runs from late March until August/September and excludes public holidays. We hope that your daughter will consider playing netball, to encourage social interaction, physical fitness, commitment and the many benefits of playing in a team sport.

By submitting this expression of interest, your details will be provided to the Tangara Netball Club. The Club will then email you directly with instructions on how to register and share any other information you need.

Term	2 & 3
Time	Indicative game times are as follows; NetSetGO Fridays 6.00pm to 8.00pm Juniors Saturdays 8.00am to 1.00pm Seniors Saturdays 12.00pm to 4.30pm Actual game times will be available in mid-April 2026
Location	Training at Tangara & games at Hills District Netball Association, Pennant Hills Park
Uniform	On game day, the uniform is an A-Line dress (\$60 in 2025) Second hand uniforms may also be available
Cost	Please note the fees below are approximate and may be subject to change. They will be confirmed by the Tangara Netball club during registration. Under 7, 8 and 9 NetSetGO - \$320.00 in 2025 Under 10 to Under 17 - \$320.00 in 2025 Above 18 years and Seniors - \$320.00 in 2025
Grading	To ensure each player who registers is placed in a team with like abilities, the Tangara Netball Club will hold a Grading Day in Term 1, 2026. Date to be confirmed once registrations close.
How to Enrol	Please click to complete the Tangara Netball EOI
Wet Weather	Please see the club's wet weather procedures for more information
Contact	Tangara Netball Club netball@tangara.nsw.edu.au

SPORTS 2026

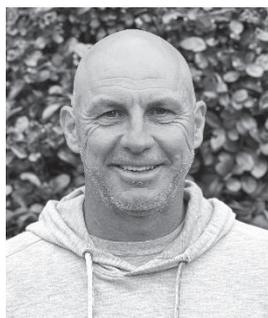
PRIMARY AND SECONDARY

Tennis

Kurt Morrison will continue to run the Tangara Tennis program for 2026. Kurt is the Head Coach and Owner of Cherrybrook Tennis Coaching Centre.

Term	Primary Term 1-4, Secondary Term 1 and 2	
Time	Kindy	Friday 12.45pm-1.20pm
	Year 1	Thursday 12.45pm-1.20pm
	Year 2	Tuesday 12.45pm-1.20pm
	Year 3 & 4	Wednesday 12.30pm-1.20pm
	Year 5 & 6	Monday 12.30pm-1.20pm
	Year 7 & 8	Wednesday 7.15am-8.15am
	Year 9, 10, 11 & 12	Tuesday 7.15am-8.15am
Location	Tangara Jacaranda Courts	
Uniform	Tangara sports uniform or appropriate training clothes	
Cost	\$240 per term <i>(based on a 10 week term)</i>	
How to Enrol	Email kurt.morro@bigpond.com with your child's name and year	
Wet Weather	No lesson fee deduction for wet weather. Lessons will be conducted in Yarra Hall in the case of wet weather.	
Contact	Kurt Morrison kurt.morro@bigpond.com 0417 433 073	

Please note class sizes are limited and will be filled on a first come, first served basis



Meet Kurt

Kurt is the Head Coach and owner of Cherrybrook Tennis Coaching Centre. Tennis Australia qualified coach with over 30 years' experience and Head Coach for Tangara School for Girls for the last 12 years.

SPORTS 2026

PRIMARY ONLY

Rhythmic Gymnastics

Club PERÓ will continue to run Tangara’s Rhythmic Gymnastics program in 2026. The Rhythmic Gymnastics programs with Club PERÓ develop a blend of athleticism, artistic interpretation and musicality in a friendly and supportive atmosphere.

Club PERÓ’s team of dedicated coaches are committed to developing skills, as well as confidence, resilience and self-discipline in their gymnasts. Our experience comes from a diverse range of backgrounds including classical ballet, dance, theatre and sport. We understand that professionalism is very important in providing quality education to students which is why our classes are taught by qualified and highly trained coaches.

We offer Foundation streams with classes to fit students of all ages. Our programs are aimed at developing strength, flexibility, hand-eye coordination, spatial awareness and music appreciation with Rhythmic Gymnastics apparatus including rope, hoop, ball, clubs and ribbon.

Embrace an active, physical and fun-filled experience with Club PERÓ.

Term	1-3
Time	Year K-6 Monday 12.30pm-1.30pm (TBC)
Location	Yarra Hall
Uniform	Tangara Sports Uniform
Cost	TBC for 2026
How to Enrol	Please complete the Google Form
Contact	Head Coach - Rachel Weiner info@clubpero.com.au

Please note class sizes are limited and will be filled on a first come, first served basis



SPORTS 2026

SECONDARY ONLY

Hills Zone Futsal

The Hills Zone Sports Association Semester 1 Futsal Competition commences in Term 1 and continues into Term 2, 2026. The details are as follows:

Tangara enters two teams (pending interest) in the competition through a trial selection process:

One Junior team (Year 7-9 students)

One Senior team (Year 10-12 students)

Term	1 & 2
Time	Tuesday PM Juniors 4.00pm and Seniors 4.45pm Training TBC in 2026
Location	The Centre Dural – 1 Pellitt Lane, Dural
Uniform	Numbered playing top, Tangara PE shorts, long navy soccer socks and joggers
Transport	Own transport to and from the venue each week
Cost	\$150 per player
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2026

SECONDARY ONLY

Hills Zone Netball

The Hills Zone Sports Association Semester 1 Netball Competition commences in Term 1 and continues into Term 2, 2026. The details are as follows:

Tangara enters up to three teams (pending interest) in the competition through a trial selection process:

One Junior team (Year 7 only)

One Intermediate team (Year 8-9 students)

One Senior team (Year 10-12 students)

Term	1 & 2
Time	Monday PM Juniors & Intermediate 4.00pm and Seniors 4.45pm Training TBC in 2026
Location	Baulkham Hills Netball - Kellyville Courts
Uniform	Full Tangara PE uniform and appropriate footwear
Transport	Own transport to and from the venue each week
Cost	\$150 per player
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2026

SECONDARY ONLY

Hills Zone Touch Football

The Hills Zone Sports Association Semester 2 Touch Football Competition commences in Term 3 and continues into Term 4, 2026. The details are as follows:

Tangara enters two teams (pending interest) in the competition through a trial selection process:

- One (1) Junior team (Year 7-8 students)
- One (1) Senior team (Year 9-11 students)

Term	3 & 4
Time	Tuesday PM Juniors 4.00pm and Seniors 4.45pm Training TBC in 2026
Location	Hills Grammar (<i>subject to change</i>)
Uniform	Numbered playing top, Tangara PE shorts and joggers or football boots
Transport	Own transport to and from the venue each week
Cost	\$150 per player
How to Enrol	Please complete the Google Form
Wet Weather	Cancellations will be posted on www.hzsa.com.au and students will be notified
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2026

SECONDARY ONLY

Hills Zone Volleyball

The Hills Zone Sports Association Semester 2 Volleyball Competition commences in Term 3 and continues into Term 4, 2026. The details are as follows:

Tangara enters 1 team in the competition through a trial selection process:

Opens Team (Years 7-11)

Term	3 & 4
Time	Monday PM 4.00pm & 4.45pm Training TBC in 2026
Location	Various schools in the Hills Zone Competition
Uniform	Numbered playing top, Tangara PE shorts and joggers
Transport	Own transport to and from the venue each week
Cost	\$150 per player
How to Enrol	Please complete the Google Form
Contact	Tangara Sport sport@tangara.nsw.edu.au

SPORTS 2026

REPRESENTATIVE SPORT

Hills Zone Sports Association (HZSA) & Pathways

Tangara is a member of the Hills Zone Sporting Association (HZSA). The Hills Zone Sports Association provides a pathway to CIS and state representation for primary and secondary students of member schools, including AICES for secondary students. Students can gain representation in the major carnivals of swimming, cross country and athletics as well as many other representative sports.

Successful athletes from our school carnivals are selected to represent Tangara at the following Hills Zone Carnivals:

Hills Zone Swimming

Hills Zone Cross Country

Hills Zone Athletics

Tangara also enters secondary representative teams to compete against other Hills Zone member schools in a semesterly competition. These teams are selected through trials, and students must commit to the season.

Hills Zone Futsal

Hills Zone Netball

Hills Zone Touch Football

Hills Zone Volleyball

Hills Zone Sports Association Code of Conduct

The Code of Conduct aims to set out the minimum standards for anyone involved in HZSA Sport. This should apply when playing, training or taking part in any HZSA sanctioned activities.

The Code of Conduct for coaches & managers, players, spectators & visitors can be viewed via the link below.

Hills Zone Sports Association Code of Conduct

DUKE OF EDINBURGH

What is the Duke of Edinburgh?

Tangara is proud to contribute to developing our next generation of leaders by delivering the Duke of Edinburgh.

We know the classroom is not the only place for learning, which is why The Duke of Edinburgh's International Award is dedicated to helping young people realise their passions and develop important life skills through a broad range of activities. Through its non-formal learning opportunities and Framework, The Duke of Edinburgh's International Award provides a foundation for young people to thrive – now and in the future.

The Duke of Edinburgh's International Award (the 'Duke of Ed') is the world's leading accreditation Framework used by schools and other organisations to support young people to achieve their non-formal education goals. It aims to provide every young Australian with the opportunity for a positive and rewarding journey of self-discovery. The Duke of Ed is open to all young people aged 14 – 24 and is offered in more than 130 countries worldwide.

Through the process of extending or learning new skills, becoming more physically active, volunteering in the community and undertaking a team adventure/challenge, the Duke of Ed equips and empowers young people to achieve their personal best. It also offers the opportunity to work with others while focusing on individual abilities.

What are the Age Requirements?

At Bronze Level, if a person is aged 13 but is part of a school year/peer cohort where the majority are 14 years or older, then they may start with the group (with approval from the Duke of Ed Leader).

The minimum age to be a direct entrant at Silver Level is 15. However, a young person may commence Silver Level before this age if they have completed Bronze Level (with approval from the Duke of Ed Leader).

The minimum age to be a direct entrant at Gold Level is 16. However, a young person may commence Gold Level before this age if they have completed their Silver Level (with approval from the Duke of Ed Leader).

The Duke of Edinburgh Handbook is available to download [HERE](#)

DUKE OF EDINBURGH

Bronze Level Re-imagined

One of the most significant updates in the Duke of Ed history is now available to all new participants - a re-imagined Bronze Level that makes the Duke of Ed more accessible, inclusive and scalable than ever before.

The refreshed Bronze Level reflects this feedback and introduces the most significant changes in decades. The key improvements to the Bronze Level include:

Shorter timeframe: Minimum duration reduced from 6 months to 3 months by removing the requirement for one Section to be a Major Section.

Larger Adventurous Journey groups: Maximum group size increased from 7 to 10, allowing more young people to take part together. Minimum group size of 4 Registered Users remains the same.

Practice Journey optional: Now at the discretion of the Leader, Assessor and/or young person.

Urban Journey options encouraged: Enabling team challenges beyond traditional bushwalks to suit diverse interests.

Greater accessibility and retention: An introductory entry point for first-time Registered Users and an achievable pathway to complete all 3 Levels by end of Year 11.

Expressions of Interest – Email sport@tangara.nsw.edu.au



TIMETABLE 2026

Term 1, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE		Tennis	Tennis		Kickboxing
LUNCH	Tennis Rhythmic Gymnastics	Tennis	Tennis Dance	Tennis	Tennis Dance
AFTER	Summer Basketball HZSA Netball	Summer Basketball HZSA Futsal	Summer Basketball Dance	Summer Basketball	Summer Basketball

Timetable is subject to change

Term 2, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE		Tennis	Tennis		Kickboxing
LUNCH	Tennis Rhythmic Gymnastics	Tennis	Tennis Dance	Tennis	Tennis Dance
AFTER	Winter Basketball Netball HZSA Netball	Winter Basketball Netball Athletics HZSA Futsal	Winter Basketball Netball Dance	Winter Basketball Netball	Winter Basketball Netball

Timetable is subject to change

TIMETABLE 2026

Term 3, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE					Kickboxing
LUNCH	Tennis Rhythmic Gymnastics	Tennis	Tennis Dance	Tennis	Tennis Dance
AFTER	Winter Basketball Netball HZSA Volleyball	Winter Basketball Netball Athletics HZSA Touch Football	Winter Basketball Netball Dance	Winter Basketball Netball	Winter Basketball Netball

Timetable is subject to change

Term 4, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE					Kickboxing
LUNCH	Tennis	Tennis	Tennis Dance	Tennis	Tennis Dance
AFTER	Summer Basketball HZSA Volleyball	Summer Basketball HZSA Touch Football	Summer Basketball Dance	Summer Basketball	Summer Basketball

Timetable is subject to change