



# VINNIE TIMES



TERM 1



## FAMILY BARBEQUE

We had our Term 1 Family Barbeque with a really good turn out of 50 people, including parents, students and grandparents. We spent the afternoon chatting about all things Clontarf and enjoyed conversations over a sausage sandwich and salads washed down with a cup of coffee or tea.

We love every opportunity to catch up with the amazing parents of all our boys and strengthen our bond and partnerships which will result in the best outcome for our boys.



## YEAR 12 CAREER PLANNING DAY

On Wednesday 20.3.19 we took Jaii Fitzpatrick James Thelander, Elijah Brown, Blake Elson and Ryley Madden to our seniors employment planning day. We started our day with a yarn about planning future careers and interests, then took off to Albion Park to CS1 Speedway for some Go-Karting action. We raced 4, 25 lap races and the winner was Princess Peach! We shot off to grab some lunch in Kiama at the Blowhole then headed home.

## ABOVE THE RIM WAGGA WAGGA

We took a group of 7 boys too wagga to participate in 'Above the Rim', hosted by Mt Austin in Wagga Wagga at Bolton Scott park. We played 5x5 basketball against visiting academies from Dubbo South, Griffith, Narrandera, Tumut, Wade and Mt Austin.

We spent the best part of the day playing basketball in the Clontarf spirit and having a ball literally. The highlight of the day was the 3 point shoot off, the boys loved every minute of the action. A nice hamburger and some juice was prepared by the local volunteers who kindly donated their time to make sure the boys where well fed after a big day.

To cool down we hit the pools and got to use the diving boards and diving platform, let's just say the boys where ecstatic and showed off, giving their best shot at the best trick.

Later that afternoon we assisted with the Ashmont Youth Hub and prepared dinner for the Care Van. The boys served and helped clean up with the David, best bloke you will ever meet, he demanded to dry up even no he was fully blind, he was full of good spirit and great stories.

The following morning we packed up camp and piled back into the van for the long drive back home full of snoring and great tunes, but what a great time we had on our first trip away for us at Vincentia. I would like to thank Mt Austin for hosting such a great event and Ashmont youth hub and Aunty Colin for having us stay in your amazing facility and all the parents of the boys for allowing us to take the boys away on the trip.







# YR 7 BIG DAY OUT

On the 2nd of April we took our Year 7 boys to Cronulla for their very first big day out. We started the morning with a hot breakfast before leaving for Endeavour Sports High to catch up with them and show the young academy members what a well-established operating academy looks like. After a tour of the school which showed us the numerous top of the line sporting field/areas, we settled into the room for a few friendly games of ping pong and a talk with the Endeavour Director about the expectations of the academy. We spent the afternoon at Wanda Beach in the famous sand dunes, the boys raced and slid down the dunes having an absolute blast before heading home to Vincentia.

## YEAR 12 SENIORS TRIP

8th of April we departed for North Beach the Entrance for our first seniors trip. We took 8 kids who were selected for good attendance and being a good bloke with valuing what we up hold as an academy, such as leadership , respect and encouragement,

First on our trip we arrived at Newcastle High's Clontarf Academy and had a few catch up games of footy and basketball, we then headed of to our accommodation to set up camp and freshen up for dinner.

The following morning we were up and active excited for the day ahead , we spent the best part of the day at Tree Tops Adventure Park Central Coast were the boys climbed and tested there skills in balance, quick thinking and team work in order to successfully venture through the obstacles courses.

Later that evening we scrubbed up and went for an all you can eat buffet at the Diggers restaurant, let's just say the boys all slept well that night.

We then departed back home at 9am , a big thank you goes out to all the boys for their behaviour and gratitude towards us it was a highlight of the term for sure.



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# TUESDAY AND FRIDAY MORNING SESSIONS

Every Tuesday and Thursday we provide a pick up service for 30 boys who have written their name and address on the pick-up list the day before training. We begin our pick-up at 6am and training starts at 7am.

We have been using various training styles, with a focus on fun and engagement, using sport related games and activities. training is followed by breakfast and a yarn back in the cottage. We have also taken full advantage of the beach for Fridays session with those sessions being more on team building and embracing the beautiful mornings here in Jervis Bay.



# PEAK FITNESS AFTERNOON GYM SESSIONS

For our afternoon activities on Thursdays with the Year 10,11,12 boys we have been taking them to Peak Fitness at Woollamia for a gym session with Dale Berry.

Our boys have been put through various workouts already, inducing some conditioning training mixed with some bodybuilding based training. The boys rip in and even love a good flex with their shirt off after the sessions. We love seeing the boys starting to get really keen for the School week ahead so they can earn their spot to come along.