BURWOOD GIRLS
HIGH SCHOOL

Sport
An active and healthy lifestyle is important for everyone. Our girls are involved in a wide range of sports and we encourage competition at all levels.

Our sporting field and outdoor multi-purpose courts provide excellent space for our students to participate in a wide range of sports and physical activities. Our school offers a broad sporting program to meet the physical fitness needs of all our students.

**Grade Sport Program**

The Grade Sport program gives students the opportunity to represent our school in the Northern Suburbs Sport Zone competitions. In their age groups, students trial for selection in a range of sports such as basketball, European handball, football, netball, softball, touch football, Ultimate Frisbee and volleyball.

**Recreational Sports Program**

The Recreational Sports program provides students with a wide range of physical activity and sport options to promote student wellbeing and physical fitness. Available sports include badminton, ball games, bocce, cardio-boxing, circuit training, hip hop dance, Pilates, physical theatre, power walking, recreational basketball and netball, run club, self-defense, softball, swimming skills, table tennis, tennis and touch football.
Our school is committed to involvement in the NSW CHS Knockout competitions. Our teams are for any talented sportsperson in Years 7 to 12. A knockout competition is where a team only progresses to the next round if they win their previous game. Here at Burwood Girls High we enter teams into basketball, lawn bowls, netball, football, softball, table tennis, touch football, volleyball, and water polo competitions.

Elite Sportswomen
Burwood GHS is proud to support and assist elite sportswomen in all aspects of their school life, including developing personalised curriculum and timetables. In recent years, students have represented at state and national levels in a variety of sports such as athletics, cross-country, diving, equestrian, football, golf, gymnastics, hockey, rowing, skating, snowboarding, swimming, table tennis and water polo.

Special Events
Our school holds two major sports events: the Swimming Carnival and the Athletics Carnival. These are competitive and fun events, supported by all students wearing house colours. Other sporting events include Year 7 Gala Day and the cross-country. Our students are well represented in Zone, Regional and State events.
Sport has taught me so much about myself. It has nurtured a sense of belonging and dedication to achieve my goals, as well as the skills to meet challenges and mentor younger students.