



Fraser Coast Anglican College & Fraser Flames Sport 2020

Football

Netball

Touch Football

Rugby Union

Tennis

Basketball

Hockey

Chess

Swimming

Cross Country

Athletics

Welcome to the 2020 Sporting year at the Fraser Coast Anglican College and the Fraser Flames Sports Club. We have designed this booklet to give you additional information about the broad range of sporting opportunities available at both Fraser Coast Anglican College and Fraser Flames.

Being both a College and Sports Club, we are able to offer a more extensive range of sport with representative opportunities in both School Sport and Club.



Main Sports Contacts for both Fraser Coast Anglican College and Fraser Flames:

Mr Remy Melia
Director of Sport
rmelia@fcac.qld.edu.au

and

Mr Adrian Elmes
Sports Coordinator
aelmes@fcac.qld.edu.au

FOOTBALL

Bill Turner Cup

The Bill Turner Cup is a school based cup football competition that is played yearly and starts in Semester one. The team selected is for players turning 15 or younger. Typically, FCAC play in a day long competition against other local schools. The winner of this tournament then goes on to play in the next round.

St Luke's Sports Exchange

FCAC also plays against St Luke's Anglican College from Bundaberg once a year as part of the ongoing sports exchange.

Fraser Flames Football Club

The Fraser Flames plays in under 6 to 11s in the Football Hervey Bay competition. We also have teams from under 12s to Seniors that play in the Fraser Coast competition. Sign on is from February to the end of June and fixtures usually start mid-March.

Contact the Football Coordinator for more information.

Mr Adrian Elmes

aelmes@fcac.qld.edu.au



NETBALL

QISSN

Queensland Independent Secondary Schools Netball is a school based Netball yearly tournament. The next tournament will be held in Brisbane during the school holidays between Semester one and two. The squad is selected in early Term 1 and participate in a range of lead up matches and competitions.

St Luke's Sports Exchange

FCAC also plays against St Luke's Anglican College from Bundaberg once a year as part of the ongoing sports exchange.

Vicki Wilson Cup/Shield

The Vicki Wilson Shield is a High School competition for grade 7 to 9 and the Vicki Wilson Cup is for grade 10 to 12. The competition begins in Hervey Bay with the winner moving onto the Regional and possibly State finals. The squad is selected in early Term 1 and participate in a range of lead up matches and competitions.

Samsung Cup

The Samsung Cup is a Primary school's netball competition for students in years 4-6. It is held over two days in the September Holidays. The squad is selected in Term 2/3.

Fraser Flames Netball Club

The Fraser Flames plays in the Hervey Bay Netball Association Competition. We have teams ranging from Net, Set Go through to Seniors Division. Sign on is from February and fixtures usually start mid-March.

Contact the Netball President/Coordinator for more information.

Mrs Jo Peterson

netball@fcac.qld.edu.au



TOUCH FOOTBALL

Fraser Flames Sports Club

The Fraser Flames play in under 8 to Open grades in the Hervey Bay Touch Association competition during term 4 and term 1. This competition caters for Boys, Girls, Mens, Ladies and Mixed teams. Sign on is from September and some spots may be available all the way into Term 1.

St Luke's Sports Exchange

FCAC also plays against St Luke's Anglican College from Bundaberg once a year as part of the ongoing sports exchange.

QLD Junior State Cup

Hervey Bay Touch Association offers representative spots to both Fraser Coast Anglican College and Fraser Flames Touch Football players to play in the annual Queensland Junior State Cup. This competition, which usually hosts over 230 teams is a massive event and a great experience for all of those that participate.

Contact the Touch Coordinator for more information.

Mr Kaz Kandola

kkandola@fcac.qld.edu.au



RUGBY UNION

Fraser Flames Sports Club

The Fraser Flames play in junior age groups in the Hervey Bay Junior Rugby Union competition during term 4. Training usually starts in mid-September and games are from mid-October. Training takes place on the Fraser Coast Anglican College oval and then games take place at Walkers Road, Urangan.

Fraser Coast Anglican College Invitational 7s

The Fraser Coast Anglican College hosts a School Carnival called the FCAC Invitational 7s in March each year. In 2018, this carnival won the Fraser Coast Sports Awards – Event of the year and is endorsed by the Queensland Reds. This Carnival has involved teams from Brisbane to Gladstone and is a great tournament for all those involved.

FCAC Rugby 7s

The Fraser Coast Anglican College competes at various Queensland Rugby Union 7s tournaments throughout the year including Sunshine Coast, Caboolture and All School's depending on teams.

Contact the Rugby Coordinator for more information.

Mr David Brown

dbrown@fcac.qld.edu.au



TENNIS

During terms 2 and 3, the Fraser Coast Anglican College offers Professional Tennis lessons before school across Kindergarten to Grade 6 students. Typically, the younger students have the lessons on Wednesday mornings while the older students have their lessons on Friday morning.

Additionally, if possible, the players play in the ANZ Tennis hot shots red ball tournament against other local Primary schools. In 2018, we were fortunate enough to get through to the next round and travelled to Bundaberg to participate in the Wide Bay completion.

Contact the Tennis Coordinator for more information.

Mr Adrian Elmes
aelmes@fcac.qld.edu.au



BASKETBALL

Flames Basketball

Fraser Flames Basketball teams play in the Hervey Bay Basketball competition. In 2019, we had an under 13 and an Under 17 team but it can be expanded to include under 15's and opens if we get enough players. Hervey Bay Basketball also offers Basketball for under 9 and under 11s but the players are all trained together and play games together.

Inter-School Basketball competition

FCAC participates in a Term 3 Inter-School Basketball competition which is held at the Hervey Bay SHS and they play against teams from across the Fraser Coast.

Contact the Basketball Coordinator for more information.

Mr Alex Dart

adart@fcac.qld.edu.au



HOCKEY

With Hockey, we are able to offer both School based games and club based via the Fraser Flames. The school games are via the St Luke's sports exchange and Fraser Coast Inter-School Hockey Competition. There are also gala days for players to try out their skills. Our Fraser Flames teams are represented in the U14/U15, Reserve Grade Mens and Women's and A Grade Mens and Women's.

The local club competition has a pre-season 5-a-side competition which then rolls into the normal winter season for both juniors and seniors. Hockey offers a variety of levels with multiple divisions, age groups and the opportunity to test yourself in the Premier League.

The Fraser Flames use the excellent Hockey facilities at Tavistock Street.



Contact the Hockey Coordinator for more information.

Mrs Bernadette Loudon
bloudon@fcac.qld.edu.au

CHESS

The Fraser Coast Anglican College offers Chess through all four terms and players get to participate in a competition each term. During terms 1, 2 and 3 the students play in the Gardiner Chess Interschool competition.

During term 4, the students travel to Bundaberg for the Bundaberg Interschool Chess competition.

Chess teams also compete in the St Luke's Sport Exchange each year.

Contact the Chess Coordinator for more information.

Mr Eric Worrall
ejworrall@fcac.qld.edu.au



Swimming

FCAC incorporate swimming into their HPE program with year 7 – 10 classes attending lessons during Term 1 and Junior School classes attending lessons in Term 4.

The MS/SS Inter-House Swimming Carnival is held during early Term 1 each year and the JS Inter-House Swimming Carnival is held in term 4. FCAC teams are selected from these carnivals to represent the College at the Hervey Bay District Swimming Carnivals.

Cross Country

FCAC incorporate cross country running training into their HPE program towards the end of Term 1 and early Term 2 in preparation for the Inter-House Cross Carnival held on the College grounds in Term 2.

An FCAC team is selected from this carnival to represent the College at the Hervey Bay District Cross Country Carnival.

Running training is available through the P & F running group each Thursday afternoon on the Rasmussen Oval. For more information, please email fcacrunningclub@gmail.com.

Athletics

FCAC incorporate athletics into their HPE program during Term 2 and 3. The MS/SS Inter-House Athletics Carnival is held on the last two days of Term 2 and the JS Athletics Carnival is usually held in Term 2 also. These carnivals are held on the College grounds. FCAC teams are selected from these carnivals to represent the College at the Hervey Bay District Athletics Carnival