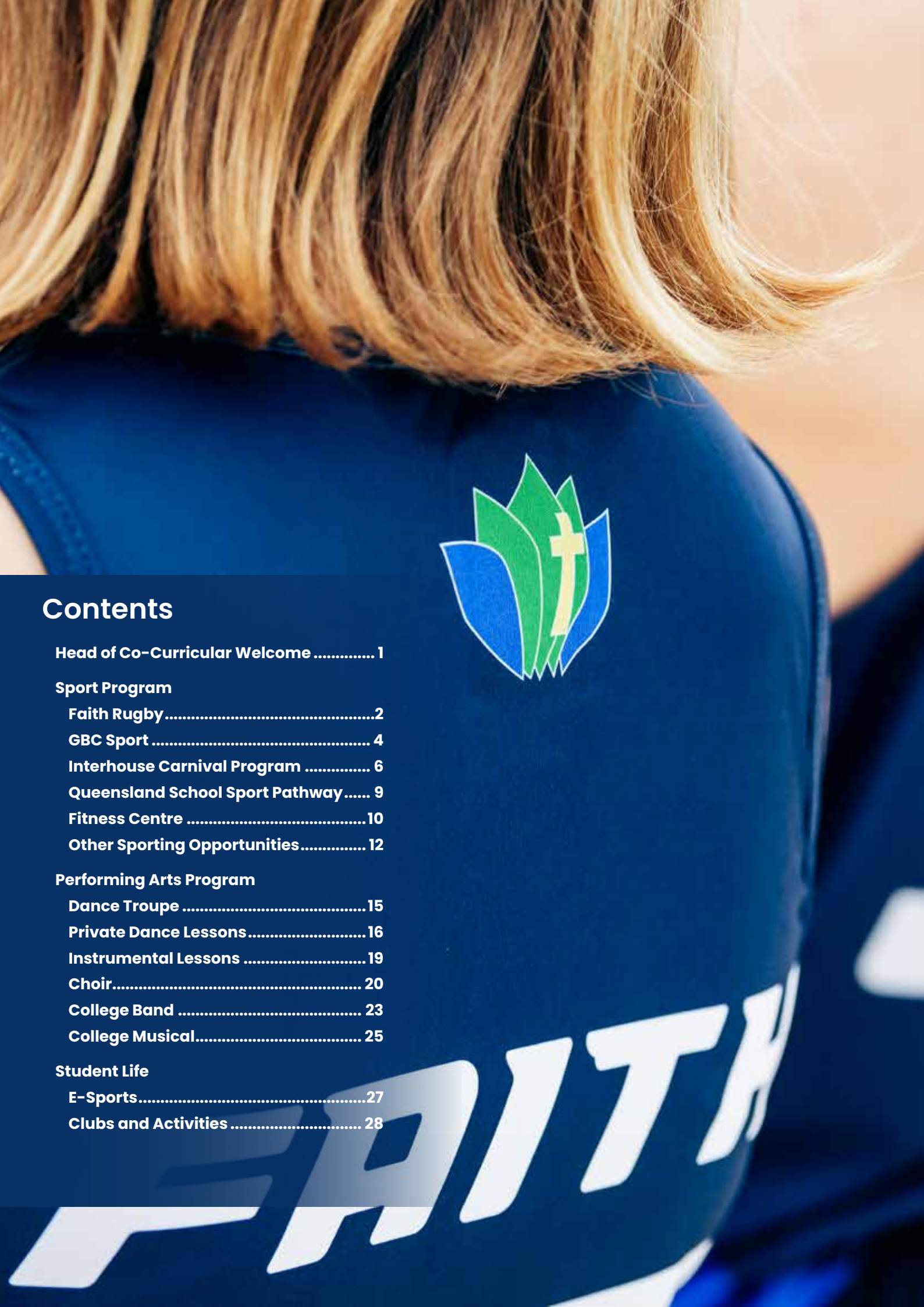
CO-CURRICULAR HANDBOOK

Faith
LUTHERAN COLLEGE
PLAINLAND



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Welcome

As educators, we are committed to helping students reach their full potential and achieve their goals. A critical part of this journey is the development of valuable skills that go beyond the classroom, and that is where co-curricular activities play a vital role. By participating in a range of programs, students have the opportunity to learn new skills, develop their talents and grow as individuals.

In this booklet, you will find an overview of the many co-curricular opportunities available to you, from sports and dance to community service and Esport.

These activities provide a unique platform for students to build their character, explore their passions, and gain hands-on experience in areas of interest.

We encourage all students to participate in at least one co-curricular activity, as it will enrich their education and enhance their school experience. Whether you are looking to develop your leadership abilities, refine your athletic skills or give back to the community, there is something for everyone.

By following and developing your skills through co-curricular activities, you will gain a competitive edge in the workforce and be well-equipped to tackle the challenges of the future.

So don't hesitate, get involved and make the most of the opportunities that await you!

Key Contacts

Sport	**Head of Sport** Matthew Cripps mcripps@faithlcs.qld.edu.au **Sports Administrator** Linda Taylor ltaylor@faithlcs.qld.edu.au
Creative Arts	**Creative Arts Administrator** Kristy Klee kklee@faithlcs.qld.edu.au
Student Life	**Deputy Director of Communities and Culture** Richard Miegel rmiegel@faithlcs.qld.edu.au

Faith Rugby

Description

The Faith Rugby Program provides multiple Rugby pathways for boys and girls at Faith Lutheran College to develop skills, game play understanding, tactical awareness and most importantly character.

Faith Rugby embodies the values or Respect, Responsibility and Honour and Grit, with a purpose to grow the person alongside the player, break negative stereotypes about playing 'footy' and create a sense of belonging/community.

Program aims

- Teach students to persevere through hardship
- Develop individual responsibility, and
- To put the collective needs of others above their own.

The program runs from Term 1 to Term 4, providing significant preparation through organised training sessions at the College. The Program is privileged to have several experienced coaches on board to assist with the students development.

Rugby League Competitions

Term 1	Boys and Girls Lockyer 9s
Term 2	Girls Karyn Murphy Cup Rugby League
	Boys Darling Downs Super Schools Cup Rugby League
First week of Term 2 holidays	Boys 1st XIII Confraternity Rugby League Shield

Rugby Union Competitions

Term 3	Boys Darling Downs Super Schools Cup Rugby Union
Terms 3 and 4	Boys and Girls Rugby 7s Carnivals

Commitment

Students are expected to train once or twice a week. Training sessions occur afterschool on Tuesday and Wednesdays from 3pm to 4.30pm. Training is crucial for student development, safety and team cohesion. All Term based competitions are played on Wednesday afternoons.

Uniforms

Students are provided with playing jerseys and all transportation to and from away games is free of charge.

Students must purchase shorts and socks from the Uniform Shop to wear during games.

Contact

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Linda Taylor | **Sports Administrator**
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GBC Sport

Description

The College is a member of and competes in the Greater Brisbane Conference (GBC) Interschool Sports Competition on Saturday mornings in Terms 1, 2 and 3 in a variety of team sports for both girls and boys.

This competition is played in a Home and Away format on Saturday mornings, with a free bus service provided for all away fixtures. Students **must book their seat on the bus** using the bus booking form attached to the weekly fixture on the **College App**.

The College also competes in the GBC Swimming, Cross Country and Athletics carnivals throughout the year.

Competitions

Term 1	**Girls:** AFL and Basketball **Boys:** AFL and Volleyball
Term 2	**Girls:** Netball and Soccer **Boys:** Indoor Cricket and Touch Football
Term 3	**Girls:** Touch football and Volleyball **Boys:** Basketball and Soccer

GBC Carnivals

Term 1	GBC Swimming (Chandler Swimming Complex)
Term 2	GBC Cross Country (Redeemer Lutheran College)
Term 3	GBC Athletics (QSAC – Nathan)

Registration

All students at Faith have the opportunity to participate in GBC Sport. Registration is completed a term in advance. Registration will be completed via a Microsoft Form that will be posted on the College App and Brightspace.

Students must register for their chosen GBC Sport during the nomination period to avoid missing out.

Communication

All families will be notified of critical information through the main communication tools the College operates:

College App: Displays weekly fixtures, training schedules, bus booking forms, important updates/ changes. Available to all.

Brightspace: Displays weekly fixtures, training schedules and bus booking form. Available to students only.

Emails: Communication from coaches and coordinators. Available to Parents & Students.

Facebook: Promote weekly fixtures, bus details and photos with updates. Available to all.

Commitment

Once selected for a team, students are expected to attend all training sessions and games for the term. Should a student not be able to attend a training session or a game, they must notify their coach. Training is crucial for team cohesion and development.

Trials

As some sports are more popular, the College will run trials to allocate students into teams across Junior, Intermediate and Senior divisions. All students who sign up for GBC sport will be given the opportunity to participate as often as possible.

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Costs/Uniforms

GBC Sport incurs no additional fees. Students are required to wear their full sports uniform to and from sporting venue. This includes the College sports shirt or Faith Sports Shirt, College sports shorts, College bucket hat or cap, College hoodies/jacket, College white socks and closed in sports shoes.

Students will be provided with the College jersey, shirt, singlet or dress as needed for each sport.

Students who do not have the correct uniform on will not be permitted to take the field or court.

Swimming	Navy/Black Swimsuit Faith Swimming Cap (available to buy from Sports Centre)
AFL	Football boots, mouthguard
Basketball	Basketball shoes (optional)
Football (Soccer)	Shin pads, Football boots. College football socks (available from Uniform Shop)
Indoor Cricket	Students are welcome to bring their own playing equipment should they wish
Touch Football	Football boots
Volleyball	Knee pads (optional)

Contact

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Interhouse Carnival Program

Sporting Houses

The Interhouse sports program at the College is fundamental to its sporting ethos. These events foster a deep sense of belonging and community. Within Faith College, there are four Houses:

Students are encouraged to wear their House shirts to the Interhouse carnivals to showcase team spirit and community.

Across the year students have the opportunity to represent their House with prides across three major Carnivals.

Swimming, Cross Country and Athletics allow students to display their athletic gifts and talents and serve as a pathway to further representative opportunities.

Swimming	Term 1, Week 1 - Wednesday Lockyer Valley Sports and Aquatic Centre
Cross Country	Term 2, Week 1 - Wednesday Faith Lutheran College Athletics Track
Pre-Athletics Carnival	Term 2, Week 9 - Wednesday Faith Lutheran College Athletics Track
Athletics Carnival	Term 3, Week 1 - Thursday Faith Lutheran College Athletics Track

All students represent their assigned House and compete in age groups. At Faith, there is no nomination process, students have the opportunity to compete in all events and disciplines of their choice, this aims to promote participation.

Carnival programs are made available to the Faith community in the lead up to events. These programs provide all key information including schedules, distances and age champion eligibility.

Students who excel across the carnivals will be invited by the College to trial for the Western Ranges district teams.

Contact

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Linda Taylor | Sports Administrator
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Queensland School Sport Pathway

Many sports conduct trials across Primary and Secondary schools within the Metropolitan West region as a pathway to State and National selection. Students at Faith have the opportunity to trial for a wide range of general sports at District and Regional events. Students are required to nominate for their sport of choice; however, Swimming, Cross Country and Athletics trials are nominated by the College's Sports Department.

Process

Students who wish to trial for a district team must nominate at the start of the year via a Microsoft Form which will be made available via the College App and via an email sent to all families. Nominations are required at the start of the year. Students will be notified via their College email to collect paperwork from the Sports Hall Reception. This paperwork must be taken to the trial.

Selection for nominations to regional Swimming, Cross Country and Athletics teams will be completed after Faith's Interhouse Sporting Carnivals.

Pathway

Contact

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Linda Taylor | Sports Administrator
ltaylor@faithlcs.qld.edu.au

Fitness Centre

Description

Faith Lutheran College students are welcomed year-round to participate in training sessions aimed at enhancing their athletic pursuits.

The Faith Lutheran College Sport program provides strength and conditioning opportunities for students at various times during the year.

These sessions encompass resistance and cardiovascular training, equipping students with the fundamentals for maintaining health-oriented fitness routines beyond the campus environment.

This comprehensive approach supports injury prevention, fatigue management, and age-appropriate muscular development.

Facility

Our facility boasts cutting-edge cardio equipment, empowering members to elevate their heart rates and achieve optimal fitness levels.

With a wide array of free weights and weightlifting equipment, individuals can strengthen their bodies according to their preferences and goals.

Our functional fitness freestanding super rig provides a versatile space for dynamic workouts, while our cable machines offer targeted resistance training for all muscle groups.

Whether students are seasoned athlete or just beginning a fitness journey, our centre is equipped to support every need and aspiration.

Timetable

Tuesday **10.15am-10.55am**	Open to all ages and genders
Thursday **10.15am-10.55am**	Female only sessions

Contact

Matthew Cripps | Head of Sport
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Linda Taylor | Sports Administrator
ltaylor@faithlcs.qld.edu.au

Other Sporting Opportunities

Description

Throughout the year students will have the opportunity to participate in a number of sporting carnival and competitions.

The competition offers the following sports/events:

Gold Coast Titans All Schools Touch Football QLD

The world's largest touch carnival is an annual touch football event run by Queensland Touch Football. Held in October, over 460 teams represent various schools both nationally and internationally.

It is a seeded round-robin based competition where teams are placed into pools of 6-8.

Trials: Students at Faith are required to trial for this event for the nominated teams who participate. These trials occur during Term 2 with weekly training sessions to proceed.

Cost: Students are required to pay a fee to attend the competition which includes travel, registration/ insurance and uniform.

Street Smarts AFLQ Schools Cup

The AFLQ Schools cup is a State-wide, interschool competition for boys and girls across both Junior and Senior divisions. Depending on student interest, Faith has participated in the event now for over 10 years. Offering opportunities to both boys and girls, there are no trials for this event with all students provided the opportunity to represent the College.

Cost: There is no cost for this event; however, students are required to provide their own mouthguard and are encouraged to purchase performance shorts from the Uniform Shop.

Vicki Wilson Netball Cup

The Vicki Wilson Netball Cup is a premier school-based netball competition in Queensland, named after legendary netballer Vicki Wilson. It provides students the opportunity to showcase their skills in a highly competitive environment, fostering teamwork, sportsmanship, and excellence in netball across the state.

Cost: There is no cost for this event, all transportation is covered by the College.

Contact

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Linda Taylor | Sports Administrator
ltaylor@faithlcs.qld.edu.au

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Dance Troupe

Description

While students develop their technical, expressive and performance skills through participation in Dance Troupe, the overarching aim of this co-curricular group is about much more than just Dance.

There is a heavy emphasis on developing 21st Century Skills such as creativity, collaboration and perseverance – skills that are valued in all workplaces of today's society.

In Troupe, we take a holistic approach to ensure that through the enhancement of positive emotions, relationships, engagement and achievement, these pillars of wellbeing will form the foundations for happy and healthy young adults.

The structure of FLC Troupe is responsive to student needs: it currently consists of three levels – Junior Dance Collective, Junior Dance Ensemble and Senior Dance. Within each level a variety of dance genres are studied, including Jazz, Hip Hop, Lyrical, Contemporary, Cabaret and Musical Theatre.

Performance Opportunities

The Troupe represents the College at a number of Dance Festivals and competitions (eisteddfods) across the year. These are located within the Lockyer Valley and surrounding regions and run during school hours as well as out of school hours (afternoons / evenings / weekends).

Events include:

- Brisbane Performing Arts Challenge
- Ipswich Combined Teachers Dance Festival
- Ipswich Junior Eisteddfod
- Toowoomba Eisteddfod
- Lockyer District Dancing Festival
- QUOTA Beenleigh Eisteddfod
- Dance Workshops
- Community Engagement Performances College Award Evenings, Chapel and Dance Showcase

Training Commitment

- Junior Dance Collective: Mondays 3pm-4.30pm
- Junior Dance Ensemble & Senior Dance: Wednesdays 3pm-5.15pm

Troupe Requirements

Clothing: At rehearsals, workshops and all public performances, students must wear the Dance Troupe Polo with optional black leggings. Students must also wear black jazz shoes while dancing.

Costuming: While the College provides all costumes, students must provide their own dance underwear, tights and shoes required for their performances. All hair and make-up requirements are the responsibility of the student.

Performer's Fee: The following fees cover all eisteddfods and travel:

- Dance Collective: $50
- Dance Ensemble & Senior Dance: $65
- Students are required to purchase a performing arts polo for $45. This is a once off purchase.

Contact

Beck Smith | Dance Co-Ordinator
rsmith@faithlcs.qld.edu.au

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Private Dance Lessons

Description

Embark on a transformative journey with Faith's personalised one-on-one dance sessions.

Our holistic approach nurtures physical, creative, and emotional growth, awakening each student's potential. With focused attention and tailored instruction, progress at your own pace. Learn from a professional with industry experience in a supportive space fostering confidence and personal growth.

Fees

Payment structure is at the discretion of the artist in residence. Options for payment structure must be communicated directly with the artist in residence.

- **Session Duration:** 30 minutes per session.
- **Cost:** $40 per session for one student or $60 for two students, making it $30 each when two students share a session.
- **Payment:** Payment is required for five sessions in advance, or there is an option to cover the term if preferred.
- **Availability:** 8-10 sessions available each week during school hours, ensuring flexibility for students to fit the sessions into their schedules.

Lesson Times/Rotating Timetable

Lessons occur in class-time on a Wednesday and/or Friday and are rotated weekly so that students do not miss the same wellbeing and/or curriculum session consecutively. Before and after school lessons may also be available in consultation with the artist in residence. Payment of fees for lessons given by Artist in Residence will be a private arrangement between the parents & the Artist in Residence.

Contact

Kristy Klee | Creative Arts Administrator
kklee@faithlcs.qld.edu.au

Instrumental Lessons

Description

In addition to providing an avenue for self-expression and creativity, music education is fun and social, as students learn both technical skills, and skills that allow them to live and play harmoniously with others. Instrumental lessons occur in class-time and are rotated weekly so that students do not miss the same subject consecutively. Before and after school lessons may also be available in consultation with the relevant Music Tutor.

Activities

Instrumental lessons on offer include:

Guitar
- Double Bass
- Electric Guitar
- Acoustic Guitar

Brass
- Trumpet
- Trombone
- Euphonium

Woodwind
- Flute/Piccolo
- Clarinet
- Saxophone

Other
- Percussion
- Drums
- Voice
- Piano

Conditions of lessons

Lessons occur in class-time and are rotated weekly so that students do not miss the same subject consecutively. Before and after school lessons may also be available in consultation with the relevant Music Tutor.

Costs

The cost of each lesson per half-hour individual lesson is at the discretion of the music tutor, however in alignment with rates as per the Music Teachers' Association of Queensland guidelines (www.mtaq.org.au).

Payment structure is at the discretion of the music tutor. Options for payment structure must be communicated directly with the artist in residence. Payment of fees for lessons given by Music Tutors will be a private arrangement between the parents & the Music Tutor.

Rental instruments

The Music Tuition Program relies on the annual recycling of College instruments. The cost of renting a College instrument is dependent on the instrument, however, will include a compulsory bond payment of $125 up-front prior to the student beginning tuition. Payment of bond must be made to the Co-Curricular Administrator prior to the student's receipt of their instrument.

Term rental fees cover cleaning and servicing the instrument during the school year. Bond fees cover the potential for significant damages or lost instrument parts.

Instruments and all associated equipment must be returned to the College at the end of each school year for maintenance.

Contact

Kristy Klee | Creative Arts Administrator
kklee@faithlcs.qld.edu.au

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Choir

Description

Choir ensembles are a friendly and fun way for students from Years 7 to 12 to enjoy singing in a safe and encouraging environment. Students are invited to join with no audition required. Students will learn vocal technique through a range of exercises, rounds, and variety of content. Songs can range from spiritual through to contemporary pop and popular musicals.

Group

- Dolce (Years 7-12)

Performance opportunities

- Chapel/Assembly/Open days
- Showcase events
- Award and service ceremonies
- Christmas Carols
- Ipswich Eisteddfods
- Community events (Local shows/ANZAC services)

Commitment/Rehearsals

College Choir members are expected to commit to weekly rehearsals for the year. Music ensembles require a whole year commitment and are not seasonal like many sports.

Performer's Fee

Students are required to purchase a Performing Arts polo for $45. This is a once off purchase.

Contact

Beck Smith | Choir Co-ordinator
rsmith@faithlcs.qld.edu.au

College Band

Description

Faith College bands are made up of students who share a love for music and performing. Students will be given the opportunity to express their musical gifts and talents at a number of events with guidance from high quality tutors.

Students will learn songs from a diverse range of genres. This program will be tailored to instrumental students across all year levels.

Performance opportunities

- Chapel/Assembly/Open days
- Showcase events
- Award and service ceremonies

Performer's Fee

Students are required to purchase a performing arts polo for $45. This is a once off purchase.

Commitment/Rehearsals

- Students may be required to audition.
- Attend all designated rehearsals and performances
- Prepare and learn music outside rehearsals. Rehearsals are to prepare for performances
- All students involved in College Band will be allocated music which is to be kept in the folder provided.

Contact

Kate Jenkins | College Band Co-Ordinator
kjenkins@faithlcs.qld.edu.au

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College Musical

Description

In addition to bands and ensembles, our talented student musicians and actors have the opportunity to showcase their talents in our bi-annual school musical.

Our musical take place in Term 3 with 4 performances including a special viewing for primary schools' students around the Lockyer Valley. Students work with a group of experienced and dedicated teachers.

To prepare and provide a taste of what College Musicals are like, Musical Experience Day is offered to all interested students, including incoming cohorts for the musical year, in Term 4. Audition information and guidance is also provided to students to create a warm and encouraging environment.

Performer's Fee

Students are required to pay a cast fee of $100. This cost includes a cast t-shirt, rehearsal resources, large-scale costumes, and other miscellaneous costings

Key skills learnt:

- Oral communication skills – Develop confidence to speak clearly, lucidly and thoughtfully
- Creative problem solving – Thinking on your feet to solve problems, evaluate a range of possible solutions.
- Willingness to work cooperatively – Students will learn to the importance of individuals supporting each other.
- Initiative - theatrical production demand individuals who are willing to voluntarily undertake any task that needs to be done in order for the production to succeed.

Commitment

- Students will be required to audition. The outcome of that audition will determine which ensemble/s best suit/s the student's ability level.
- Attend all designated rehearsals and performances.
- Where attendance is not possible, an apology is expected (preferably 24 hours prior to the scheduled rehearsal).
- If there is a change to a student's weekly activities that clashes with their regular rehearsal, it is expected the student will still attend their rehearsal.
- Prepare and learn your music outside rehearsals. Rehearsals are to prepare for performances, not to learn notes.
- All students involved in ensembles, will be allocated music which is to be kept in the folder provided.

Rehearsals

Tuesdays: 3pm–4.30pm CA Block

Wednesday Projects: Relevant Phase Project session times

Contact

Kristy Klee | Creative Arts Administrator
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E-Sports

Description

E-Sports involves the competitive gaming of various video games using Nintendo Switch consoles. Events are selected to provide a fun and engaging experience for students who are interested in gaming and competition.

E-Sports at Faith Lutheran College provides students with the opportunity to engage in healthy competition while developing skills such as teamwork, strategy, communication, and problem-solving. Students can also build friendships and social connections through shared interests in gaming, while developing a passion for a potential career in the E-Sports industry.

Events

Students at Faith are provided with the opportunity to participate in FUSE cup sanctioned events which are carefully selected to align with the values of our College.

Our students participate in the following events:

- FUSE Cup – International Rocket League
- FUSE Cup – Super Smash Brothers
- FUSE Cup – Mario Cart
- FUSE Cup – Just Dance
- FUSE Cup – Minecraft

Trials

Where there is significant student interest in events, Faith Lutheran College will seek to submit multiple teams. If this is not possible, potential trials will be held which will be based around House Challenges to identify successful representatives.

Commitment

All interested students meet weekly on a Thursday during first break. Students who encouraged to consistently attend to sharpen their craft and skills in preparation for all events.

Cost/Uniforms

There is currently no cost to participate in E-Sports events. All students are provided with a uniform when representing the College.

Contact

Richard Miegel | Deputy Director of Communities and Culture
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Clubs and Activities

Description

Our College values clubs and activities as catalysts for building positive relationships, enhancing student engagement, and fostering a sense of identity within our community. These student-driven initiatives provide platforms for exploring interests beyond the classroom, facilitating connections with peers who share similar passions.

During breaks, these smaller communities offer opportunities for social interaction, collaboration, and personal growth. Engaging in clubs cultivates leadership, teamwork, and responsibility, essential for academic and real-world success.

Through our diverse program, we aim to create an inclusive environment where every student can thrive, discover their passions, and contribute meaningfully to our school community.

Schedule

All clubs and activities are carefully scheduled across the week during first break. Schedules are designed based on student interest and popularity. This is done to allow students to participate across a number of options.

Contact

Richard Miegel | Deputy Director of Communities and Culture
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Options

In 2026, students are able to participate in the following clubs and activities:

- Functional Fitness
- Tennis
- Choir
- Chess
- Minecraft
- E-Sports
- Academic Support
- Dungeons and Dragons
- Female Fitness (Stronger together)
- Tempo Running Club
- Art for mental health
- Anime Club
- Creative Arts Club
- Band
- Basketball
- Volleyball
- AUSLAN
- Book Club
- Flag football
- Stitch Craft
- Board Games
- Cool Beanz
- Youth Christian Connect

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