Exceptional PERFORMANCE

We will challenge ourselves and our boys to be exceptional performers. This is a statement of intent, an aspiration, and a call to action. We understand that we may falter at times but we are compelled to commit to this standard. In doing so we will generate the energy and purpose that are fundamental to great schools.
Sport and Activities

At IGS students are encouraged to become involved in some form of sport or extra-curricular activity. These activities enhance the curriculum and enrich the lives of students. These fulfilling, character-building activities range from Rugby, Swimming and Cricket to Debating and Chess. Each activity will help students develop their natural talents. Boys enjoy sporting, cultural, intellectual, and artistic activities, and while we do celebrate the thrill of the win, we also promote the value of participation and life-long love of physical health.

Through these programs our students learn about teamwork, mental fitness, fair play, and how to deal with loss as well as success. Our programs promote resilience, determination, and respect, which we recognise as being important for a boy’s overall wellbeing.

Students have the opportunity to represent our school in a wide variety of sports and many of our former student athletes have competed successfully at national and international competitions and after graduating, have gone on to become professional sportsmen in their field.

Our staff work alongside sports specialists and elite coaches to further develop skills, health and nutrition, motivation, sportsmanship, and commitment to develop a successful and balanced culture for our students.

Ipswich Grammar School is a proud member of the Great Public School (GPS) system, which is regarded as one of the best private school sports and extra curricular competitions in Australia. Ipswich Grammar School has a proud history in the GPS competition winning over 60 premierships in various sports.

GPS Sport and Activities are for Year 5 to 12 students.

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
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<tbody>
<tr>
<td>Cricket</td>
<td>Cross Country</td>
<td>Basketball</td>
<td>Track and Field</td>
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<tr>
<td>Debating</td>
<td>Tennis</td>
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<td>Swimming</td>
<td>Football</td>
<td>Rugby</td>
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<td>Volleyball</td>
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History of GPS

Since its foundation in 1918, the Great Public Schools Association of Queensland has sought to provide exceptional opportunities for participation, encourage the pursuit of excellence and nurture a spirit of fellowship through its extensive Sport and Activities program.

The GPS was founded as World War One drew to a close. The first secretary was Norman Connal who served from 1918 until 1928, and the first GPS school communities were filled with optimism, much like today, and were eager to play their part in the burgeoning state with its bustling river port city, with thriving markets, busy wharves, and booming dance halls and theatres.

The opportunity to take part in sporting and cultural activities between the nine GPS schools has always been important. A school team and a match against another school instills team work, loyalty, leadership and service. These fundamental values have always been important to the GPS and served its community well when the devastating effect of the Great Depression of the 1930’s was felt by all.

The Second World War took its toll, and many of the boys who attended GPS schools were called to serve, some giving their lives for their country. For those who returned, life was forever changed, and we honour them all.

The GPS schools are as committed today as they were during the Great Depression of the 1930s and the war in the 1940s to prepare students for the challenges and adventures that await them when they leave school, whatever they may be.

Every period of history presents enormous challenges and exciting opportunities. In many cases it is the solid, behind the scenes work of the GPS schools that has made the difference in the lives of the students who have been through its ranks. Team work, healthy competition, and the experience of victories and honourable defeats have produced generation after generation of students who carry the GPS values into adulthood. The fellowship of a GPS school goes beyond the school gates, and the bonds that are formed often last a lifetime.
Basketball

The GPS competition is held during Term 3 on Saturdays. The First V squad start training from mid-term 1 with Strength and Conditioning and gym work with the remaining teams commencing pre-season in Term 2. There are three teams per age group (i.e. 7A, 7B, 7C).

The high level developmental program caters for all ability levels, ensuring all players are performing at their best. Strength and Conditioning programs are conducted for the Basketball players in our fully equipped weights and fitness rooms.

IGS also competes in the State All Schools tournament providing more opportunities for the players to get on-court experience.

IGS has produced a large number of state and national basketball representatives and has won the GPS Premiership eight times since the inaugural season in 1986.

For further information parents and students are encouraged to join the Basketball group on Schoolbox.

Mr Jason Ralph
Master in Charge
jralph@ipswichgrammar.com
Cattle Show Team

The Cattle Show team is open to all Ipswich Grammar School students, however, students who are 12 years of age or less must have a parent with them at the shows. The show team starts preparing for the season in Term 4. The show season runs through Terms 1, 2 and 3. During the season all boys are expected to participate in one training session per week. All information relating to training days and times will be communicated with parents and student via email.

Students without previous experience in handling cattle and those who have competed before are encouraged to join the IGS Cattle Show Team. The students compete in a number of classes to develop skills in showing, parading and judging cattle.

In 2021 the Cattle Show Team will be exhibiting cattle at the Toowoomba Royal Show and Beef Week in Rockhampton plus four local shows through the season - Ipswich, Rosewood, Laidley and Gatton. Show days are all day activities from 6:00am to completion of the show and return of the cattle to school at approximately 4:00pm.

<table>
<thead>
<tr>
<th>Training at IGS Agricultural Centre Brassall</th>
<th>Show Program</th>
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<tbody>
<tr>
<td>Term 1, 2 and 4. Monday and Wednesday 3.15pm to 4.30pm</td>
<td>April - Toowoomba Royal Show</td>
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<tr>
<td></td>
<td>May - Beef Week and Ipswich Show</td>
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<td>June - Rosewood and Laidley Shows</td>
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<td></td>
<td>July - Gatton Show</td>
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Mr Darren Brown
Co-ordinator
dbrown@ipswichgrammar.com
Chess

Ipswich Grammar School has been rewarded with an excellent group of students participating in Chess. We provide a challenging and enjoyable environment for all players, ranging from those who wish to play socially to those who wish to develop their chess talents to a high level. Many students compete in GPS Chess competitions and several other tournaments throughout the year.

The GPS season commences in Week 1, Term 3; however, pre-season training, games and tournaments are held throughout the year to assist with team selection. Formal coaching will be available for students during Terms 1, 2 and 3. Students are encouraged to attend at least one session per week. Days and times of these sessions will be advertised through the Chess page on Schoolbox.

Families are encouraged to join the Chess group on Schoolbox, as this is how all information regarding pre-season training and the GPS season will be disseminated. It is also where boys will sign up to be part of the team at the commencement of the year.

If you require more information, please do not hesitate to make contact via the details below.

Mrs Jodie Milne
Master in Charge
jmilne@ipswichgrammar.com
**Cricket**

Expressions of Interest for are taken during Term 4 in preparation for the upcoming season. Current Ipswich Grammar School students can express interest to play Cricket by visiting the Sport Office, whilst any new students to IGS in need to fill out the form on the website as soon as possible.

Cricket pre-season training will commence during Week 2 of Term 4. These sessions will be open to any current IGS student playing Cricket. Any student who is new to IGS in is welcome to attend these sessions as part of our preparation for the 2020 season.

The GPS Season commences in Week 1 of Term 1. We will be conducting Cricket Camps, pre-season trials and training in the final week of the January School Holidays. All players who wish to be considered for selection in an A team or the First XI must be in attendance on these days. Dates will be advertised in the Cricket Information Booklet, available on Schoolbox.

Please note that it will be an IGS Cricket expectation that all players selected in A teams prioritise GPS Cricket commitments over their club commitments for the eight rounds of the GPS season. If you require more information, please do not hesitate to make contact via the details below.

Mr Max Christensen  
Master in Charge  
mchristensen@ipswichgrammar.com
**Cricket Pre-Season Schedule - Term 4, Week 4, 2020**

<table>
<thead>
<tr>
<th>Morning 7:00am to 8:00am</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>St Clair/Wells Nets Specialist Bowling Session Years 7 to 12 (optional)</td>
<td>Gym First XI Pilates</td>
<td>St Clair/Wells Nets Batting and Bowling Years 7 to 12 (optional)</td>
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<tr>
<th>Afternoon 3:05pm to 4:30pm</th>
<th>Top Oval Nets Year 5 and 6 (Weeks 6 and 7 only)</th>
<th>Top Oval First XI Fielding</th>
<th>Top Oval 9A and 10A Fielding (optional)</th>
<th>Top Oval 7A and 8A Fielding (optional)</th>
<th>St Clair/Wells Nets Year 7 to 12 Net session (optional)</th>
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</thead>
<tbody>
<tr>
<td>St Clair/Wells Nets 8A and 9A</td>
<td>St Clair/Wells Nets 7A and 10A</td>
<td>St Clair/Wells Nets Development Squad</td>
<td>St Clair/Wells Nets First XI and Opens</td>
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(Year levels refer to your 2021 Year Level)

*Please note - there will be no Year 11 teams fielded - all Year 11 and 12s will play together in open teams*

**Holiday Training Programs**

Brett Henschell Holiday Cricket Clinics

November 30th to December 2nd 8:30am - 12:00pm, Cost: $150

For more information on how to register for these programs, please contact Mr Max Christensen.

All A team players are expected to attend the IGS Cricket camp during the final week of school holidays in preparation for the first round of matches. The cost of this camp will be $150 for the entire 5 days. Details for registration and timetables can be found on Schoolbox.

<table>
<thead>
<tr>
<th>Mon 18 Jan</th>
<th>Tues 19 Jan</th>
<th>Wed 20 Jan</th>
<th>Thurs 21 Jan</th>
<th>Fri 22 Jan</th>
</tr>
</thead>
<tbody>
<tr>
<td>IGS Top and Bottom ovals IGS Cricket Camp Year 6 to 12</td>
<td>Year 7 to 10 A, Second XI and First XI Trial game v BSHS at Brassall</td>
<td>IGS Top and Bottom ovals IGS Cricket Camp Year 6 to 12</td>
<td>IGS Top and Bottom ovals IGS Cricket Camp Year 6 to 12</td>
<td>Internal Trial Games at Brassall</td>
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Cross Country

The Ipswich Grammar School Cross Country Program is conducted across Terms 1 and 2. It caters for students at a range of ability levels, from social runners looking to improve their fitness to elite runners at state and national level. The runners club provides a positive social environment for all students involved and prepares students for entry to fun runs, All Schools titles, district, regional and state representation.

Pre-season training commences at the beginning of Term 1 with sessions held on afternoons. The GPS season comprises of six lead up meets held on a Friday night, starting at the end of Term 1, culminating in the final competition held at Limestone Park at the start of June. Our runners then transition into track season, preparing themselves for GPS Track and Field held in Term 4.

For further information, parents and students are encouraged to join the Cross Country page on Schoolbox or make contact with the details below.

Mr Andrew Joyce
Master in Charge
ajoyce@ipswichgrammar.com
Debating

Debating is an exciting extra-curricular activity which builds character, teamwork, and confidence. IGS Debaters carry themselves with pride and follow in a proud tradition of healthy competition.

Debating is a formal, structured argument. It is the art of gentle persuasion, or in other words, it is an emotive call to action. Persuasion is a powerful weapon, because the most seemingly innocent of texts can be biased and distort our view of the world.

Persuasion sets out to shape a particular point of view and prompt people to action. Whatever the message may be, those who are skilled in the art of persuasion can make any message seem credible, any cause seem worth fighting for, and any commodity appear desirable.

Debating is a disciplined and sophisticated battle of wits between two teams of three speakers with the aim of establishing one view as superior to another. It is a team effort, with structured conventions, and not a set of individual speeches. Patience, persistence and respect blossom into maturity of thought and expression.

GPS Debating is held on a Friday evening with a bus taking all Debaters to the Away school and returning to Ipswich Grammar School after the completion of the final debate. Debating is open to Years 5 to 12 students. Debaters are expected to attend two meetings throughout the week as set by the coaches.

Miss Rosie Jumelet
Master in Charge
rjumelet@ipswichgrammar.com
Football

Football is one of the youngest sports in the GPS Competition. Ipswich Grammar School has participated in GPS Football since its inception in 1990. Since then our school has developed a very proud Football history which includes seven GPS First XI Premierships.

IGS Football teams are well known for playing an entertaining, attacking brand of Football whilst players always demonstrate high amounts of effort, hard work and most importantly, resilience.

IGS Football is a place where anyone can play the sport regardless of their level of experience or ability. We cater to players involved in the most elite competitions in the state, a number of our players have been involved in Brisbane Roar Academy Squads, as well as Football Queensland and Queensland Schoolboys squads. We have a number of well qualified coaches across our staff to provide our boys with a most beneficial Football experience. We also proudly provide opportunities for boys to play Football who might not have played the sport previously but just want to give it a go to enjoy themselves with their friends.

The GPS Football season is contested in Term 2 each year with pre-season taking place during Term 1. We also compete in various Cup competitions throughout the school year. All families interested in Football are encouraged to keep up to date by joining the Football group on Schoolbox.

Mr Andrew Catton  
Master in Charge  
acatton@ipswichgrammar.com
Rugby

Ipswich Grammar School has a tradition of participation on the Rugby field for more than 100 years. With an aim to improve fitness, skill and overall enjoyment of the game, IGS Rugby has worked hard with coaches to develop a seamless program as boys advance through the years.

Pre-season starts for the First XV in Term 4, and the focus is on all aspects of playing high performance Rugby. The highlight of the pre-season is often our camps where the teams go away to a new location to learn specific skills and develop a close bond.

All A and B teams begin their training in Term 2. Training sessions are generally made up of strength and conditioning, general skills, team gameplay and recovery throughout the season with our highly-qualified and experienced coaches. Specialist training sessions targeting position specific skills are also available for all boys to attend throughout the season. Trial matches occur at the end of Term 2 to help prepare all players for the GPS season in Term 3. All teams play on Saturdays during Term 3, with our home games played at our sporting complex, Grammar Arms Park, Brassall and our away games played at opposition GPS schools.

IGS has had eight Old Boys go on to become Wallabies with many more in Queensland Representative teams. For further information on the program please follow the Rugby group on Schoolbox or make contact with the details below.

Mr Michael Abbott
Master in Charge
mabbott@ipswichgrammar.com
Swimming

GPS Swimming is the biggest event on the school Swimming calendar. The competition is broken down in age groups based on a student’s year of birth. The two competitions are Junior GPS (10 years and Under to 12 years and Under) and Secondary GPS (13yrs and Under to Open). Current IGS students can express an interest to join the GPS Swim Team by visiting the Sports Office and any new students to IGS can complete the online form.

Pre-season training takes place in Term 4 each year with the official season running in Weeks 1 to 6 of Term 1. GPS Swimming training sessions are open to all IGS boys participating in GPS Swimming and are free of charge. All boys participating in the GPS Swimming team are expected to attend a minimum of 2 training sessions per week, this can include the compulsory Wednesday morning full team session. Term 1, Friday night lead-up meets are compulsory for all boys in Year 5 to 12 who are training as a GPS Swimmer.

Mini, Junior and Senior squad sessions are also available, free of charge, year round to those boys interested in furthering their swimming skills. To find out more information about these sessions please contact Mrs Pfeffer.

Mrs Jessica Pfeffer
Master in Charge
jpfeffer@ipswichgrammar.com
### Term 4, 2020 Training Timetable

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<tr>
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<th>Monday</th>
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<tbody>
<tr>
<td><strong>AM</strong></td>
<td><strong>Gold/Silver/GPS</strong>&lt;br&gt;6:00am to 7:45am&lt;br&gt;Gym and Swim</td>
<td><strong>Gold/Silver/GPS</strong>&lt;br&gt;6:00am to 7:45am&lt;br&gt;Bronze/GPS&lt;br&gt;6:45am to 7:45am</td>
<td><strong>No training</strong></td>
<td><strong>Gold/Silver/GPS</strong>&lt;br&gt;6:00am to 7:45am&lt;br&gt;Gym and Swim</td>
<td><strong>Gold/Silver/GPS</strong>&lt;br&gt;6:00am to 7:45am&lt;br&gt;Bronze/GPS&lt;br&gt;6:45am to 7:45am</td>
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<td><strong>PM</strong></td>
<td><strong>Mini/GPS</strong>&lt;br&gt;3:15pm to 4:00pm</td>
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**NB: Times subject to change. Please check Schoolbox for updates throughout the season.**

### Term 1, 2021 Training Timetable

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<td><strong>Senior and Junior GPS</strong>&lt;br&gt;6:30am to 7:45am&lt;br&gt;Full Team Compulsory Session&lt;br&gt;6:30am to 7:45am</td>
<td><strong>Gold/Silver/GPS</strong>&lt;br&gt;6:00am to 7:45am&lt;br&gt;Gym and Swim</td>
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<td><strong>Mini/GPS</strong>&lt;br&gt;3:15pm to 4:00pm&lt;br&gt;Bronze/GPS&lt;br&gt;3:15pm to 4:30pm&lt;br&gt;Gold/Silver/GPS&lt;br&gt;3:30pm to 5:30pm</td>
<td><strong>Friday Night Meet</strong>&lt;br&gt;Junior Depart IGS: 3:00pm&lt;br&gt;Depart Chandler: 6:00pm&lt;br&gt;Senior Depart IGS: 4:15pm&lt;br&gt;Depart Chandler: 8:30pm</td>
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**NB: Times subject to change. Please check Schoolbox for updates throughout the season.**
Tennis

IGS provides a year round Tennis program. The program is conducted at the schools’ state of the art facility which houses eight courts. GPS Tennis is contested throughout Term 2.

Current IGS students can express interest in joining the GPS Tennis program by visiting the Sports Office. New students to IGS are required to fill in the form on the website as soon as possible.

Pre-season training takes place in Term 1 each year with the official season running in Term 2. Pre-season training will begin for all year levels in Week 5 of Term 1, and all boys interested in participating in Tennis are encouraged to attend. During the season boys will be expected to participate in two training sessions per week followed by Saturday fixtures. All information detailing training days and time will be posted on Schoolbox during Term 1.

In addition to GPS Tennis, IGS provides boys with the opportunity of participating in Tennis year round. Private, group and full-time tennis coaching is available to all IGS students at a discounted rate. For more information about these sessions please contact IGS Head Coach Lincoln Remar on 0432 088 910.

Mrs Jessica Pfeffer
Master in Charge
jpfeffer@ipswichgrammar.com
Track and Field

GPS Track and Field is described as the premier schoolboy Athletics competition in Queensland and an event that is ingrained with the finest of tradition. The Ipswich Grammar School Track and Field team is synonymous with athletic excellence. The school has respectively dominated the GPS, State and National schoolboy athletics scene for more than 30 years.

The Championships are held in Term 4. Leading up to the GPS Championships a series of eight GPS Invitational Meets combined with the other GPS schools are offered on Friday evenings to all IGS athletes from 10 years to Opens. These series of meets offer the IGS Track and Field team the ability to develop, progress, interact with their specific coaches and gain valuable competition experience.

Boys wishing to compete in other athletics events such as Districts Trials, Metropolitan West Regional Championships, Queensland All Schools State Championships and Australian All Schools National Titles need to be members of the Ipswich Grammar School Track and Field team.

GPS Track and Field sessions are offered year-round by our qualified coaches free of charge for specific events coaching in Sprints, Distance, Jumps and Throws but are only available for boys in the GPS Track and Field Team or boys wanting to join the GPS Track and Field team.

By being a member of the IGS Track and Field Team, you will experience the close-knit team culture and mentality that exists. There is a real pride and honour when you put on the Red and White striped singlet and compete at any Track and Field event representing IGS.

Mr Jonathan Auguste
Master in Charge
jauguste@ipswichgrammar.com
Volleyball

Building on our successes in previous years, we are reorganising our exceptional coaches into new positions that will better serve our boys in their earlier Volleyball years. In addition, we are employing new coaches who will add depth to our coaching staff, and continue to hone the senior boys into a well drilled squad. Where possible, IGS will enter three teams in each year level from Years 7 to 12 in the GPS Volleyball Competition.

All teams play on Saturday mornings. Players are expected to bring a water bottle, towel and wear their full PE uniform for games (no lace-less slide-on shoes will be allowed). Playing strips will be provided for all A teams, as well as the First and Second teams.

Pre-season starts for A teams in Term 4, however, general trials will be held in the week before the first week of school in Term 1. Further information pertaining to these trials will be forthcoming. Training sessions are conducted both at lunchtimes and after school. These sessions run from 3.05pm until 4.30pm. Proposed training times for each of the teams are below:

<table>
<thead>
<tr>
<th>Lunch</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td>7A, 7B, 7C, 7D</td>
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<td>7A, 7B, 7C, 7D</td>
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</table>

Mr Ken Lightbody
Master in Charge
klightbody@ipswichgrammar.com