



MOUNT SINAI COLLEGE  
CREATING LEARNERS FOR LIFE



S P O R T S

at MOUNT SINAI COLLEGE

# MSC CO-CURRICULAR SPORTS PROGRAM

At Mount Sinai College, we take pride in offering a dynamic and inclusive sports program that caters to all students, from beginners to elite athletes. Our comprehensive sports offerings include **co-curricular sports programs, interschool competitions,** and pathways to **ASISSA** and **CIS state-level championships** where students can represent the College, strive for personal bests and experience the thrill of competing at regional and state levels.

## Co-Curricular Sports Offerings for Years K-6

Our co-curricular sports offerings provide exciting opportunities for students to explore new interests, stay active, and build confidence in a supportive environment. With a diverse range of activities catering to all skill levels, every student can find their passion and thrive.

**Co-Curricular sports at MSC include:**

- Touch Football
- Basketball
- Tennis
- Dance
- Netball

\*For more details, please refer to the Term Co-curricular timetable, which varies each term.



# Interschool Sports Pathway

Our interschool sports program offers every student in Years 4-6 the chance to compete in various sports against other Jewish and non-Jewish independent schools, fostering sportsmanship and camaraderie.



Lunchtime coaching sessions prepare our students and are essential for students representing Mount Sinai College in their chosen sport each term. Interschool sports include:

- T-Ball
- Cricket
- Netball
- Touch Football
- AFL
- Soccer

# ASSISA, CIS, and PSSA Sports Pathways

Mount Sinai College supports students aged 8-12 in pursuing athletic excellence at regional, state, and national levels through:

- **ASSISA** – All Suburbs Independent Schools Sports Association
- **CIS** – Combined Independent Schools Sports Council
- **PSSA** – Primary Schools Sports Association

These pathways encompass Athletics, Cross Country, Swimming, and a wide range of other sports, helping students develop not only their skills but also essential qualities such as discipline, resilience, and teamwork.



At Mount Sinai College, our sports program goes beyond competition, fostering a sense of community, resilience, and active lifestyles. Our **Swimming and Athletics Carnivals** are cornerstone events, emphasising house spirit, participation, and fun for all students. Complementing these are our annual **Cross Country Run** and the engaging **K-2 Sports Morning**, which encourage teamwork and inclusivity across all age groups.

Students also take part in a weekly **PE lesson**, where they develop fundamental movement skills, resilience, sportsmanship, and a lifelong love for being active through a variety of fun and engaging activities.

Our **Weekly Run**, held for over 25 years, is a cherished tradition unique to Mount Sinai College. This 30-minute activity promotes physical fitness and a love for the outdoors and reflects our commitment to nurturing the overall well-being of every student, instilling habits that support a healthy and active lifestyle.



For more information, contact [reception@mountsinai.nsw.edu.au](mailto:reception@mountsinai.nsw.edu.au)



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**Distinguished  
School**

Recognised by Apple as a distinguished school for continuous innovation in learning, teaching, and the school environment.