

THERS
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Co-Curricular Selections Handbook



CHRISTIAN
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CBC CO-CURRICULAR

Christian Brothers College offers an extensive range of co-curricular activities for students to participate in throughout the year. As a College, we understand the role that extra-curricular activities play in the lives of students, and aim to foster and promote an environment where excellence isn't constrained to academia alone. As part of their education, all boys will be required to participate in a minimum of one co-curricular per year. This includes, but is not exclusive to: sports, musical ensembles, choirs, debating, and chess.

Music

CBC provides a range of ensembles for musicians who achieve the appropriate skill level on their instrument or voice. Students learning a musical instrument from a CBC instrumental teacher are required to participate in an ensemble appropriate for their age, ability and instrument as soon as they are able. Participation in an ensemble is dependent on students learning their instrument from an instrumental teacher as this enables the music to be taught in a one-on-one manner and the standard of the ensemble is improved. Playing in a large ensemble is the means through which the social and interactive nature of playing and learning a musical instrument is developed; it is an essential aspect of being a musician. There is no cost to being a member of an ensemble at CBC, except your time and commitment.

Sport

Christian Brothers College provides a variety of co-curricular activities for students to participate in. Involvement in one or more of these activities is mandatory, as it provides a platform for our boys challenge themselves, whilst building relationships and representing the community. As a member of the Sports Association for Adelaide Schools (SAAS), the College prides itself on having a strong representation across all sports. Christian Brothers College values its sporting traditions and history of success in the sporting arena. We recognize that sport is an essential part of Australian culture and we share the passion for sporting achievement enjoyed

in our community. Additionally, all boys playing a sport at the club level or higher, which is offered by the College, will be expected to play that sport for the school. Please note that this selection guide covers summer sport (Terms 1 and 4) and winter sport (Terms 2 and 3). When nominating, students need to remember that they are committing to their chosen co-curricular for its entirety. Withdrawing halfway through the season for example, is unacceptable. Finally, please remember that all selections are subject to team numbers. Without sufficient numbers, activities will not go ahead; in which case additional arrangements will be made.

Students have been asked to nominate for their chosen co-curricular activities online. Once selected, the student has made a commitment to the activity, and will be expected to attend all relevant trainings, rehearsals, matches and performances as required. Non-participation in a co-curricular activity is not an option for any student.

If you have any queries with regards to certain sports or activities, please do not hesitate to contact the co-curricular staff members.



Key Contacts

Mr Adon Cousins

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Senior Campus Music (Terms 1–3)

Age Group	Years 7–12	
Ensemble Rehearsal Times	Senior Guitar Ensemble	Monday 3.20pm – 4.50pm
	Big Band 1	Thursday 3.20 – 4.50pm
	Big Band 2	Tuesday 3.20 – 4.50pm
	Jazz Combo	Monday 8.00am – 9.00am
	Senior Concert Band	Wednesday 3.20 – 4.50pm
	Senior Vocal Ensemble	Tuesday 3.20 – 4.50pm
	Vocal Project (Year 7–12 choir)	Thursday 8.00am – 9.00am
	Rock Band 1	Wednesday 8.00am – 9.00am
	Rock Band 2	Tuesday 8.00am – 9.00am
	Senior Percussion Ensemble	Friday 8.00am – 9.00am
Entry Requirements	Entry to Senior Vocal Ensemble, Jazz Combo, Rock Band 1, Big Band 1 and Big Band 2 is by audition only. Auditions are usually held in Term 4.	
Performances	Students perform at a variety of events during the year and are expected to be available for all performances.	
Instrumental Tuition	Instrumental Tuition is available for students in all year levels on a variety of instruments. Students in all ensembles with the exception of Vocal Project and Senior Vocal Ensemble are expected to receive lessons on their chosen instrument (internally or externally)	

Specialist Coaching at CBC

Football



Ron Fuller

Ron is now heading into his third season as our 1st XVIII Football Head Coach. Ron has played over 230 SANFL games and coached the Woodville West Torrens Football Club to a SANFL premiership - and his experience and knowledge will be of immense benefit to the CBC coaches and players he works with.



Josh Gregorace

New to the coaching team in 2022 is Old Scholar (2016) Josh Gregorace. Josh is joining the Senior Football Program this year as Head of High Performance. Having graduated from a Bachelor of Exercise and Sports Science in 2020, he is now completing a Masters by Research in conjunction with the Adelaide Football Club. Josh is also an accredited Strength and Conditioning Coach, further adding to his repertoire. Josh played a role in Woodville West Torrens 2020 premiership year and has spent the last two years with the Adelaide Football Club, where he now holds the position of GPS Analyst for the Women's team. His experience and knowledge will be a welcome asset to the Senior Football program this year.

Soccer



Marcelo Carrusca

Marcelo has been our Technical Director for Soccer since 2020 and has been our 1st XI Head Coach since 2022. Marcelo comes to us with an extensive playing and coaching background at the top level of the game, having played for Turkish giants Galatasaray, Adelaide United (winning the 2016 A-League Championship), Melbourne City, and Western Sydney Wanderers. Marcelo currently runs his own coaching program – the Marcelo Carrusca Football Academy, and at CBC works with all soccer players – from Junior School students all the way up to our 1st XI.

Cricket



Mark Scott

Appointed in 2019, Mark is one of the world's few, Level 5 cricket coaches. Mark works predominantly with our Senior cricketers in the 1st XI, but also takes a Development Squad of middle school cricketers each week. Having coached in the UK and Australia, Mark has a wealth of experience – and even worked with the Pakistan Cricket Team on their tour of Australia in 2019. Having played over 100 County cricket games for Worcestershire, he has an extensive playing and coaching background – working with State teams, England U19 teams, and A-Grade sides here in South Australia.

Rowing



Alex Meates

Alex joins us from Avon Rowing Club in New Zealand and was appointed as our Head of Rowing commencing in 2022. Under Alex's leadership and coaching, Avon grew into the largest rowing club in New Zealand, with crews coached by Alex consistently winning national titles. Alex was also involved in the selection of crews with the New Zealand National Team.

Tennis



Nick Corso

Nick, a CBC old collegian himself, is our newly appointed (2023) Drive Tennis Coach. Nick has been providing tennis coaching services for more than 10 years and has also held tennis coordinator roles. He currently runs Cross Court Tennis Coaching company, providing coaching and development for players of all ages. Nick's experience and wealth of knowledge will provide terrific opportunities for our students, he will be an asset to our Tennis Program.





SUMMER CO-CURRICULAR

TERMS 4&1

Basketball

Age Group			Years 3–6 (All other teams are in Terms 2–3)
Training Time and Location	Years 5–6	Thursday 7.40am–8.30am, CBC Senior Campus Gymnasium	
	Years 3–4	Friday 7.40am–8.30am, CBC Senior Campus Gymnasium	
Match Time and Location	Years 5–6	Tuesday afternoons at Wayville Basketball Stadium Matches commence anytime from 3.30pm until 5.15pm	
	Years 3–4	Monday afternoons at Wayville Basketball Stadium Matches commence anytime from 3.30pm until 5.15pm	

Badminton

Age Group			Years 7–12
Training Time and Location	Open Teams	Monday 3.20pm–4.30pm CBC Gymnasium	
	Middle Teams	Tuesday 3.20pm–4.30pm CBC Gymnasium	
Match Time and Location	Middle & Open Teams	Matches played Saturday Mornings on a home/away basis. Home games are held in the CBC Gymnasium. Matches commence either 8.00am or 9.30am.	



Cricket

Age Group			Years 4–12
Training Time and Location	1st XI	Tuesday & Thursday 3.20pm, CBC Turf Nets, Top Oval	
	2nd XI	Thursday 3.20pm, CBC turf nets, Top Oval	
	Development Squad	Wednesday 3.30pm–5.00pm, CBC Hard-wicket Nets, Top Oval	
	Year 7–9	Wednesday 3.30pm–5.00pm, CBC Hard-wicket Nets, Top Oval	
	Year 4–6	Monday 3.30pm–4.30pm, CBC Hard-wicket Nets, Top Oval	
	Kanga	Tuesday 7.30am–8.30am, JC Sportsfield	
Match Time and Location	1st XI	Matches played on a home/away basis on Saturday afternoon (T1) and Friday afternoon/Saturday afternoon (t4), commencing at 12.00pm. Home games are held at the Main Oval.	
	Middle & Senior Teams	Matches played Saturday Mornings on a home/away basis. Home games are held either at the Main Oval, Top Oval or our Fulham grounds (Valetta Road). Matches commence at 8.15am and conclude at 11.30am in time for district cricket.	
	Year 5/6	Matches played Saturday Mornings on a home/away basis. Home games are held either at the Main Oval, Top Oval or our Fulham grounds (Valetta Road).	
	Year 4	Matches played Friday afternoons on a home/away basis. Home games are held either at the CBC Ovals or at our Fulham Grounds (Valetta Road)	



eSports

Age Group	Years 7–12
Session Time and Location	Thursday 3.15pm–4.30pm, CBC Senior Campus, Trade Training Centre

Rowing

Age Group	Years 7–12	
Training Time and Location	Senior	3x afternoons per week
	Year 9	2x afternoons per week
	Year 8	2x afternoons per week
	Years 7	2x afternoons per week
Race Times and Location	All Age Groups	Most regattas are held at West Lakes, with occasional regattas at Murray Bridge or on the Torrens. Regattas are held on Saturdays.

Swimming

Age Group	Years 7–12
Training Time and Location	Monday 3.45pm–4.45pm, Adelaide Aquatic Centre
Meet Time and Location	Meets are held across several other schools on Wednesday afternoons from 4.00pm until 5.00pm.



Tennis

Age Group Years 3–12		
Training Time and Location	Drive	Tuesday & Friday 3.20pm–5.00pm, CBC Rooftop Sportsfield
	Open B	Thursday 3.20pm–4.30pm, CBC Rooftop Sportsfield
	Middle	Monday 3.20pm–4.30pm and Thursday 7.30am–8.30am CBC Rooftop Sportsfield
	Year 7	Thursday 3.20pm–4.30pm, CBC Rooftop Sportsfield
	Year 5/6	Tuesday 7.30am–8.30am, CBC Rooftop Sportsfield
	Year 3/4	Wednesday 7.30am–8.30am, CBC Rooftop Sportsfield
Match Time and Location	Years 8–12	All matches are played on a home/away basis. Our home grounds are the CBC Rooftop Sportsfield and the Hutt St Courts. Matches are held on Saturday mornings and commence anytime from 8.00am until 10.00am.
	Years 5–7	All matches are played on a home/away basis. Our home grounds are the CBC Rooftop Sportsfield. Matches are played on Friday afternoons from 4.00pm. Players are bussed to matches.

Volleyball

Age Group			Years 7–12
Training Time and Location	Open Teams	Wednesday 3.20pm – 4.30pm, CBC Gymnasium	
	Middle Teams	Thursday 3.20pm – 4.30pm, CBC Gymnasium	
Match Time and Location	All Teams	Matches are held Friday afternoons on a home/away basis. Our home venue is the CBC Gymnasium. Matches commence either 4.15pm or 5.00pm.	

Water Polo

Age Group			Years 7–12
Training Time and Location	All teams	Tuesdays after school at the Adelaide Aquatic Centre. Buses will be provided to take students back to the College.	
Match Time and Location	All teams	Matches take place on Friday afternoons and are held at several other schools including St Peters College, Pembroke School, Westminster College, Prince Alfred College, and Immanuel College.	



WINTER CO-CURRICULAR

TERMS 2&3

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Athletics

Age Group	Years 7–12	
Training Time and Location	All Students	Training Time and Location TBC
Match Time and Location	All Students	Athletes partake in Achilles Cup held in Term 3.

Note: Athletics can only be selected in addition to another co-curricular activity - a selection is merely an expression of interest, the athletics team is selected on skill and ability after trials and training sessions.

Basketball

Age Group	Years 7–12	
Training Time and Location	Open A/B	Wednesday 3.20pm–5.00pm, CBC Gymnasium
	Open C/D	Thursday 3.20pm–5.00pm, CBC Gymnasium
	Development Squad	Thursday 7.30am–8.30am, CBC Gymnasium
	Middle A/B/C	Tuesday 3.20pm–4.45pm, CBC Gymnasium
	Year 7	Monday 3.20pm–4.45pm, CBC Gymnasium
Match Time and Location	Open Teams	Matches are played on a home/away basis on Saturday mornings. Our home venue is the CBC Gymnasium. Match times range from 8.30am start, until 11.30am start.
	Middle Teams	Matches are played on a home/away basis on Saturday mornings. Our home venue is the CBC Gymnasium. Match times range from 8.30am start, until 10.30am start.



Chess

Age Group			Junior School & Senior School Teams
Training Time and Location	Middle & Senior	Tuesday 3.20pm–4.30pm, Wakefield Building - Senior Campus	
	Chess Development (7–12)	Thursday 7.45am - 8.30am, Wakefield Building - Senior Campus (W206)	
	Junior	Wednesday 7.30am–8.20am, Year 3 classrooms (Junior Campus)	
Match Time and Location	Senior	Friday Evening	
	Junior	Friday Afternoon	

Cross Country

Age Group			Years 7–12
Trainings	Open & Middle Runners	Tuesday 7.15am–8.15am - meet at Senior Campus	
Match Time and Location	Open & Middle Runners	Meets are held at various locations on Wednesdays after school, commencing at 4.15pm	

Debating

Age Group			Years 7–12
Training Time and Location	Year 10–12	Thursday 3.20pm–4.30pm, Wakefield Building - Senior Campus	
	Year 7–9	Monday 3.20pm–5.00pm, Wakefield Building - Senior Campus	
Match Time and Location	Year 10–12	Wednesday evenings	
	Year 7–9	Monday evenings	

Football

Age Group		Years 7–12
Training Time and Location	1st XVIII	Tuesday & Thursday 3.20pm, Main Oval
	1st XVIII Preseason (Term 1)	Tuesday 6.45am–8.10am, Adelaide University Ovals - Park 12 & CBC Ovals - Park 15
	2nd XVIII	Thursday 3.20pm–5.00pm, CBC Main Oval
	Development Squad	Friday 7.30am–8.30am, CBC Gymnasium
	Middle Years (7–9)	Tuesday 3.20pm - 5.00pm, CBC Ovals
	Junior Years (R–6)	Wednesday 3.20pm–4.30pm, CBC Ovals
Match Time and Location	Senior Teams	First and Second XVIII Matches are held Saturday afternoons on a home/away basis. Our home venue for these matches is the Main Oval. Second XVIII games commence at 12.30pm and First XVIII games commence 2.15pm.
	Middle Teams	All middle school matches are held Saturday Mornings on a home/away basis. Our home venues for these Matches are the Main Oval and Top Oval. Matches commence at either 8.45am or 10.30am.
	Year 4/5/6	Year 4/5 and 5/6 matches are played Saturday Mornings on a home/away basis. Our home venue for these matches is the Top Oval. Matches are played across the morning and commence anywhere from 8.30am until 10.30am.
	Year 2/3	Year 2/3 matches are played Saturday Mornings at Pembroke - Park 17. Matches are played across the morning and commence anywhere from 8.00am until 10.30am.

Soccer

Age Group		Years 4–12
Training Time and Location	1st XI	Friday 7.15am–8.15am, CBC Top Oval
	2nd XI	Friday 7.15am–8.15am, CBC Top Oval
	3rd XI & 4th XI	Monday 3.20pm–4.45pm, CBC Top Oval
	Middle A/B	Wednesday 7.15am–8.15am, CBC Top Oval
	Middle C/D	Thursday 7.15am–8.15am, CBC Top Oval
	Year 7	Tuesday 7.15am–8.15am, CBC Top Oval
	Year 6	Thursday 3.20pm–4.30pm, CBC Top Oval
	Year 4/5	Thursday 3.20pm–4.30pm, CBC Sportsfield
Match Time and Location	1st XI & 2nd XI	Matches are played Wednesday evening at various grounds in the SAAS First XI Competition - matches commence at 4.00pm
	Senior Teams	Our Third and Fourth XI play Saturday on a home and away basis. Our home pitches are Barratt Reserve, West Beach. Matches are played either 8.15am or 9.45am.
	Middle Teams	Matches are played Saturday morning on a home/away basis. Our home pitches are Barratt Reserve, West Beach. Matches are played either 8.15am or 9.45am.
	Junior Teams	Year 4 teams play Friday evening matches on a home/away basis, commencing at 4.00pm. Our home venue for Year 4 soccer is the CBC Sportsfield. Year 5/6 soccer is played Saturday mornings on a home/away basis. Our home pitches are Barratt Reserve, West Beach. Matches are played at either 8.30am or 9.30am.

Table Tennis

Age Group			Years 7–12
Training Time and Location	Open Teams	Tuesday 7.15am–8.15am, CBC Gymnasium	
	Middle Teams	Wednesday 7.15am–8.15am, CBC Gymnasium	
Match Time and Location	All Teams	All table tennis matches are held Friday after school on a home/away basis. Our home venue is the CBC Gymnasium. Transport will be provided to students at away games.	



VENUES



CBC Gymnasium
214 Wakefield Street, Adelaide



CBC Rooftop Sportsfield
214 Wakefield Street, Adelaide



CBC Ovals
East Parklands, Adelaide



CBC Wakefield Building
214 Wakefield Street, Adelaide



CBC Junior Library
324 Wakefield Street, Adelaide



Adelaide Aquatic Centre
Jeffcott Road, North Adelaide



Collins Reserve
Valetta Road, Kidman Park





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WORLD
BEFORE
US.**