

# Secondary

## CO-CURRICULAR



2024



**MATTHEW  
FLINDERS**  
Anglican College

# Secondary Co-Curricular

At Matthew Flinders Anglican College, we are committed to providing a holistic education for our students from Prep to Year 12. Through our extensive co-curricular program, students have rich and diverse opportunities available to them beyond the classroom curriculum. As a result, they are able to explore and recognise their character, contribution, academic excellence and leadership. These are key components of The Flinders Way.

The Secondary School offers students a range of co-curricular activities to be involved in each year. The following pages list the music, sport, cultural and service activities that are expected to be offered in the Secondary School in 2024.

*Timetables and activities are subject to change.*





# Sport

| ACTIVITY                          | ACTIVITY OVERVIEW   | COMMITMENT   |
|-----------------------------------|---|--|
| <b>AFL</b>                        | The College's AFL program is open to all students, providing them with an opportunity to play inter-school AFL-X and AFL competitions and Gala Days as co-ordinated by AFL Queensland.  | Monday evening fixtures<br>Middle School and Senior School across separate terms.  |
| <b>Athletics</b>                  | In the lead up to the College's inter-House Athletics Carnival, students are invited to train with the Flinders Run Club and some specialist field event coaches to prepare and enhance their skills.   | All ages: Terms 2 and 3  |
| <b>Basketball</b>                 | Flinders Basketball competes in the SCSSBA, a Sunshine Coast inter-school tournament with weekly Friday night fixtures throughout Semester Two. The College's Firsts teams play in the CBSQ Championships with lead-up friendly matches.  | Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12) tournaments: Terms 2-4<br>Pre-season training and matches commence in Term 2.   |
| <b>Cricket</b>                    | Students compete in a series of friendlies against local and touring teams and in the T20 state-wide inter-school competition, co-ordinated by Cricket Queensland, with elite players invited to play in the Academy League.  | All ages: Terms 1, 2, 3 (pre-season) and 4   |
| <b>Cross Country and Run Club</b> | In the lead up to the College's inter-House Cross Country Carnival, students are invited to train with the Flinders Run Club to further their running skills with training based on ability and experience.   | All ages: Terms 1 and 2  |
| <b>Equestrian</b>                 | The Flinders Equestrian program is open to all students, offering the opportunity to compete in major inter-school events in the local show circuit.  | Training occurs throughout the year with selected events contested.  |
| <b>Esports</b>                    | Esports is a constructive pursuit that hones cognitive skills, team building, communication and sportspersonship through competitive video games.   | After-school training sessions throughout the year with tournaments scheduled regularly.   |
| <b>Flinders Fitness Centre</b>    | All Secondary students are welcome to attend the College's professionally staffed gym to train for fitness and performance. High performance strength and conditional coaching is available to Firsts teams and A team athletes.  | Flinders Fitness Centre operates 6:30am-8:30am and 3:15pm-5:15pm during term time. The Centre is open to all Secondary students plus some lunchtimes as well as limited offerings through school vacation periods. |
| <b>Football (Soccer)</b>          | Flinders Football caters for Years 7-12 students, providing the opportunity for players to develop their game skills, play as a team and to expose them to all facets of football, with pathways to inter-school, regional and state-based competitions including SCISSA, the Bill Turner Cup and Shield tournaments. | Flinders Football Senior boys and girls season is held in Term 2, with the Junior (Years 7 and 8) and Intermediate (Years 9 and 10) boys and girls seasons held in Term 1.   |

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|------------------------------------|--|---|
| <b>Hockey</b>                      | Hockey players are invited to join the Flinders Hockey Club which participates in weekend fixtures in addition to inter-school tournaments. Flinders also hosts touring hockey schools throughout the year.  | All ages: Terms 1-4   |
| <b>Netball</b>                     | Flinders Netball program prepares students to compete to the best of their ability across a range of local, regional and national competitions. The program is designed to assist individual development, ensuring that all athletes have an opportunity to advance through the sport.                       | The school season, SCSSNA, runs across Terms 1 and 2 on Monday nights, with training held after school on a weekly basis. The QISSN is held in the school holidays at the end of Term 2, with the Vicki Wilson Championships held during Term 3.  |
| <b>Representative School Sport</b> | Students of high-level ability at their chosen sport are able to access representative opportunities through school sport pathways at district, regional and state levels.   | Representative school sport trials are held throughout the year. Initially these are after school (District) and progressively increase to full days.   |
| <b>Rock Climbing</b>               | Flinders Rock Climbing allows students to learn new skills, experiment with and improve their sensory awareness, and develop problem-solving and decision-making skills in the process.  | Training sessions are held on a weekly after-school basis in Terms 2 and 3.   |
| <b>Rugby</b>                       | Flinders Rugby allows students to receive high level coaching to support their development, providing students with pathways to compete at local, regional, state and national levels. Flinders Rugby also take part in school tours, both regionally and inter-state, and regularly hosts visiting schools. | Students play a variety of pre-season friendlies, with the SCSSRU beginning in Term 2 for boys and Term 3 for girls. Students also compete in a SCISSA Rugby 7s tournament QRU All-Schools competition in Term 4. Training is scheduled across Terms 1-4, predominantly Monday and Thursday afternoons. |
| <b>Swimming</b>                    | Flinders Swimming is an opportunity for our students chosen to represent the College to compete at district, regional, state and national levels. Students have the opportunity to train with the Flinders Aquatic Academy at the College pool.  | Students compete at a school level in Term 1 and Term 4.  |
| <b>Tennis</b>                      | Flinders Tennis develops aspiring and social tennis players who are passionate about building their skills, experience and success, with personalised support provided to beginners and expert guidance available to elite-level players.  | Competitions are held throughout Terms 3 and 4 including local satellite tournaments, SCISSA fixtures and the Queensland Schools Knockout tournament. Flinders Tennis Open is held during lunch break in Term 3.  |

| ACTIVITY              | ACTIVITY OVERVIEW  | COMMITMENT   |
|-----------------------|--|--|
| <b>Touch Football</b> | Flinders Touch Football aims to promote individual skill execution whilst building a positive team culture, allowing students to develop their skills and compete at a high level. | The school-based season is held in Term 3, with weekly after-school training sessions and the opportunity to contest local competitions, all-schools tournaments and SCISSA.   |
| <b>Volleyball</b>     | Flinders Volleyball is an opportunity for students to be a part of an enjoyable team sport, building skills, refining technique and advancing game knowledge and experience.       | Students contest weekly SCISSA fixtures, the Trish Buckely and VQ Schools Cup Tournaments. The school-based season is held in Term 2 for Junior and Intermediate teams (Years 7-10) and Term 1 for Senior teams (Years 11 and 12). Weekly morning training sessions are held at the College. Elite player development sessions are conducted all year. |
| <b>Water Polo</b>     | Flinders Water Polo offers skill development pathways that extend students' sporting ability and performance, enabling athletes to achieve their best.                             | Students compete in weekly fixtures through SCSSWPA, with school-based training and inter-school games held throughout Terms 3 and 4.  |

## Culture

| ACTIVITY                                  | ACTIVITY OVERVIEW   | COMMITMENT  |
|---|---|---|
| <b>CARE Committee</b>                     | The CARE Committee provides support to the College, co-ordinating fundraising appeals and creating Chapel displays.   | Fortnightly lunchtime commitment.   |
| <b>Chess Club</b>                         | Chess Club is open to all students, offering students the opportunity to develop and practise new skills, such as strategy, critical thinking and fair play. Students participate in inter-school and internal competitions throughout the year.  | Weekly after-school training sessions.  |
| <b>Flinders Farm</b>                      | From aviary workshops to informational sessions with guest speakers, the Flinders Farm is a vibrant hands-on education hub, offering a series of co-curricular learning opportunities that are open to the College community. The aim is to develop environmental knowledge and passion through real-world projects, such as irrigation, composting, growing food, caring for animals and harvesting bee hives. | A variety of workshops and sessions are held throughout the year, subject to season and availability. |
| <b>Duke of Edinburgh and Bridge Award</b> | Duke of Edinburgh and Bridge Award creates opportunities for young people to develop skills, get physically active, give service and experience adventure.  | All year, with Adventurous Journey dates arranged each semester.                                      |

| ACTIVITY                              | ACTIVITY OVERVIEW  | COMMITMENT   |
|---------------------------------------|--|--|
| <b>Flinders Environment Authority</b> | The Flinders Environment Authority invites all Secondary students to join. Students aim to care for the environment, lead the response in reducing the College's footprint and facilitate leadership opportunities.                                    | Weekly lunchtime meetings.   |
| <b>French Club</b>                    | French Club is open to all students in Years 7-12, providing students with a chance to practise their language skills and engage in cultural and language activities. Students also have the opportunity to take part in an annual French competition. | The Club meets weekly throughout the year, with opportunities to engage in local competitions. |
| <b>Innovation Club</b>                | Innovation Club is open to students in Years 8-11 who are keen to take the next step to create and innovate in the world of design. Students compete in a variety of competitions across Queensland, testing their knowledge in the real world.        | Weekly meets are held in Terms 1 and 2 on an after-school basis.                               |
| <b>Japan Club</b>                     | For those who like to practice their Japanese, talk about manga and share in Japanese culture, this is the club for you! If we cannot go to Japan, perhaps we can bring a bit of Japan to us.  | Japan Club meets in N2 every Tuesday lunchtime, Week B.  |

## Academic

| ACTIVITY           | ACTIVITY OVERVIEW   | COMMITMENT   |
|--------------------|---|--|
| <b>Debating</b>    | Debating is open to students of all abilities, providing an opportunity for students to develop confidence and competence in formal public speaking situations whilst working collaboratively in a team environment. Students compete in the Sunshine Coast Chancellor's Cup. | All ages: Terms 3 and 4  |
| <b>Readers Cup</b> | Readers Cup is a competition that challenges students to read widely, work collaboratively in a team and continue developing a love of reading. It allows readers to compete at a regional and state level, working alongside other students with an equal passion for books. | Years 8 and 9 competitions are held in Terms 1-3. Year 7 competition is held in Terms 3 and 4. |

## Creative Arts

| ACTIVITY                 | ACTIVITY OVERVIEW   | COMMITMENT  |
|--------------------------|---|---|
| <b>Creative Arts</b>     | All students are invited to be involved in Flinders musical and stage productions, with a large-scale all Secondary musical, smaller-scale Senior School and Middle School Production, and a Year 7 production. These opportunities encourage students to reach their full potential and develop their theatre skills.  | All year.   |
| <b>Flinders Dance</b>    | Flinders Dance is open to students across Years 7-12, offering students of all ability levels the opportunity to learn and improve their dance skills.  | Students rehearse weekly at the College, engaging in a range of dance styles from lyrical to jazz and contemporary. |
| <b>Media Club</b>        | Media Club is open to students from Years 7-12 who are passionate about videography, photography and writing. The aim of the Club is to share the life of the College with our community through student voice and perspective.   | The Club meets at lunchtimes on a weekly basis throughout the year.   |
| <b>Music</b>             | For all details on the co-curricular music program at the College, please refer to the Music Handbook.  | Performances are scheduled throughout the College calendar year.  |
| <b>Theatre Tech Club</b> | Students learn the technical art of stage production in Theatre Tech Club, exploring the ways in which lighting, sound, costuming and set design contribute to a successful staged production. The goal is to teach students the professional knowledge and skills to work safely and efficiently in the crews that support the Flinders Creative Arts Program, developing valuable character traits and skills, such as resilience, confidence and adaptability. | All year.   |

## Service

| ACTIVITY  | ACTIVITY OVERVIEW   | COMMITMENT  |
|---|---|---|
| <b>Interact</b>                                     | Interact is a service group which holds fundraisers throughout the year for local and international charitable organisations, operating under the umbrella of local Rotary Clubs. It is open to all students from Years 7-12. | Opportunities to contribute to the group are available throughout the year. |
| <b>Peer Tutoring</b>                                | Peer tutoring is an opportunity for students to collaborate with their peers, with Senior students offering their knowledge and insight to younger students. Subject-specific tutoring is also available.                     | Tutoring sessions are held at lunchtimes on a weekly basis.                 |
| <b>Student Reconciliation Action Plan Committee</b> | The College Reconciliation Action Plan (RAP) Committee supports the work of the College's RAP, ensuring that the attitude and actions within the RAP are part of daily life at Flinders.                                      | The Committee meets at lunchtimes on a fortnightly basis.                   |

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