



28 July 2025

Dear Parents and Carers,

Your daughter has been selected in the St Vincent's College Athletics squad for the IGSA Twilight Meet, where I will select the team for the IGSA Athletics Carnival. We will be attending three Twilight Carnivals on Friday 1 August, 8 August and 15 August. **The main Carnival will be on Friday August 22, with heats for the Hurdles and 800ms on Thursday August 21 from 4pm- 7pm.**

<b>Friday 1 August, 8 August and 15 August</b> 4:30pm – 8:30pm approx. 9pm approx. return to College.	<b>IGSA Twilight Carnivals Sydney Athletic Centre, Homebush</b>  These are the lead-up athletics meets before the main IGSA Carnival. All students are encouraged to attend.	The school team is required to wear the full College PE uniform and compete in Athletics Singlet No. 21 and navy shorts/ tights  At the IGSA Carnival, students will need a healthy lunch and lots of fluid for hydration. They will also need to bring wet weather gear and warm clothes.
<b>Thursday 21 August</b> <b>3.05pm bus leaves College</b> 3:30pm Warm Up 4:00pm Start 6:30pm Finish approx. 7.30pm return to College	<b>IGSA Athletics Carnival - Heats for Hurdles and 800m Sydney Athletic Centre, Homebush</b>	Students travel to the venue via Bus.
<b>Friday 22 August</b> <b>6:45am bus leaves College</b> 7:30am Warm Up 8:00am Start 3:00pm Finish with presentation approx. 4pm return to College	<b>IGSA Athletics Carnival Sydney Athletic Centre, Homebush</b>	Parents/Carers have the option to pick up their daughter from the venue or College. Please indicate on the permission note.

In preparation, the squad will be training between 3:15pm and 4:15pm at Rushcutters Bay on Monday afternoons (for the track events) and Wednesday afternoons from 4:00pm to 5:00pm at E S Marks Field at Kensington (for both Track and Field events). The bus will leave Victoria St on Wednesdays at 3.15pm and return at 5.30pm or students can be collected at ES Marks at 5.00pm. Please inform Ms Harmanis if your daughter is already training for competitions outside of the College.

**Transport - Please indicate transport requirements on the attached permission note.** As outlined above, students will travel to Homebush via bus after school on the Friday Twilight meetings. Parents/Carers can pick their daughter up from Homebush once they have finished their events, or back at the College (approximate time listed above). The Friday night meetings will act as the final selection process for the main carnival. Most athletes are to stay until the end of the day and travel home on the bus. However, if you do live close to Homebush or are coming to watch and would like to drop and pick your daughter up, please indicate below.

Please complete the attached permission note and return it to the College by Thursday 31st July 2025. If you have any questions or require more information about these activities, please contact Elyse Harmanis, 0434 610 870 or on [elyse.harmanis@stvincents.nsw.edu.au](mailto:elyse.harmanis@stvincents.nsw.edu.au)

**Elyse Harmanis, Sport Coordinator**

## Permission Note

**IGSA Twilight Carnival: 1 August , 8 August and 15 August 2025 &**

**IGSA Athletics Carnival: 21 and Friday 22 August 2025**

**(Please return to Ms Harmanis to the PDHPE office or Via email by: Thursday 31 July 2025)**

### Agreement (Participant) - This section is for the student to complete and sign.

I agree to the following expectations as a participant of this activity:

- *I understand* that at all times I must ensure the safety and comfort of myself, peers and staff.
- *I will* engage positively in all activities, in a spirit of collaboration and learning.
- My personal interactions with others will be respectful and appropriate.
- *I will* accept and follow the directions and advice of the staff/ supervisors at all times. This includes direction given regarding use of and/ or placement of electronic devices and communication.
- *I will not leave* this College activity at any time without direct permission of the staff.
- *I will not be involved* in consuming or providing alcohol, cigarettes, e-cigarettes or any illegal substances. I understand that if I breach this expectation, that my parents will be contacted and that I will be immediately sent home and that further disciplinary action will occur in accordance with College policy.
- *I accept* that my school reserves the right to search bags to ensure no banned substances are brought to this activity.
- *I understand* that, if necessary, a full report of my behaviour will be given to the College Principal.

**Student Name:** \_\_\_\_\_

**Year Group:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Acceptance/Acknowledgement of Risk - This section is for the parent/carer to complete and sign.

#### Under the Stewardship of Mary Aikenhead Ministries

I give permission for my daughter

\_\_\_\_\_ (first and last name) to attend the IGSA Twilight Carnivals on Friday 1 August, 8 August and 15 August, and then if selected, the heats for Hurdles and 800m on Thursday 21 August and/or the Main events on Friday 22 August at Homebush Athletic Centre.

#### Transport Permissions – please circle below:

Friday 1, 8 and 15 August:	Bus return to College	Parent/Carer pick up from venue
Thursday 21 August: IGSA Hurdles and 800m	Bus to / and Return to College	Parent/Carer transport to and/or pick up from venue
Friday 22 August: IGSA Main Carnival	Bus to / and Return to College	Parent/Carer transport to and/or pick up from venue

In the event of a medical emergency, I give consent for the College staff or staff at the sites we visit to administer first aid and seek medical attention as necessary. In such a scenario I authorise the staff to convey my child to the hospital by appropriate transport, which may be an ambulance. *The participant acknowledges that there is a risk of injury to the participant and/or a risk of an adverse effect to any current or past medical condition of the participant. The participant acknowledges and agrees that the participant accepts that the participant engages in activities on the site at the risk of the participant. The participant gives the College authority, where circumstances deem it necessary, to obtain medical and ambulance assistance for the participant in the case of the participant suffering injury or ill health while on the site.*

Parents/Carers contact information and Student Medical details are held by the College as received from parents/carers. I have responsibility for updating my contact information: ([collegesecretary@stvincents.nsw.edu.au](mailto:collegesecretary@stvincents.nsw.edu.au)) and my daughter's dietary requirements and medical details, providing current medications if applicable by contacting the College Nurse: [health@stvincents.nsw.edu.au](mailto:health@stvincents.nsw.edu.au)

**Parent/Carer Name:** \_\_\_\_\_

**Parent /Carer Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_