

Co-curricular: Minimum Requirements 2024

Grades 8-11 **minimum** of 1 option per term & Grade 12 **minimum** of 1 option (Term 1-3)

Option 1:	Term 1 & 4	Term 2 & 3
Minimum of TWO afternoons a week	Team sports:	Team sports:
	Aquatics: Water Polo (All)	Hockey (All)
	Cricket (B)	Netball (G)
	Tennis (All)	Soccer (B)
	Other sports:	Other sports:
	Aquatics: Swimming (All)	Cross Country (All)
	Cross Country (All) (Morning sessions)	Dance (All)
	Dance (All)	Mountain Biking (All)
	Fitness & Conditioning (All)	
	Golf (additional cost)*	
Mountain Biking (All)		
Girls Soccer		
* And an additional afternoon of sport at school		
Sports below are not offered/arranged by the school.	Sports below are not offered/arranged by the school.	
Athletics	Equestrian	
Equestrian	Sailing	
Sailing		
Option 2: Full commitment to one activity a week (usually on two afternoons)+ ONE sport session at school.	Chess	Chess
	Choir (Whole year commitment)	Choir (Whole year commitment)
	Drama Club	Drama Club
	Innovation Club	Innovation Club
	Marimba (Whole year commitment)	Marimba (Whole year commitment)
Option 3: Exemption: Outside An application for exemption must be approved by the Head of the School.	Outside school activities:	Outside school activities:
	Proven track record of achievement at a high level and requiring a significant time commitment.	Proven track record of achievement at a high level and requiring a significant time commitment.
Option 4: Medical Exemption An application for exemption must be approved by the Head of the School.	Medical Exemption	Medical Exemption
	A medical certificate and/or report from a registered medical practitioner is required.	A medical certificate and/or report from a registered medical practitioner is required.