At Aquinas Catholic College, sport is seen as being an integral part of a students overall development of both the mind and body. Sport takes place every Friday afternoon in Years 7-10.

Students have the opportunity to be selected for a representative sports team. Aquinas students compete against other Catholic schools in the Shire Combined Catholic Colleges Competition.

Students that do not participate in representative sport take part in the recreational sporting program which includes a wide variety of sporting activities for students to experience. Some examples include Indoor Sports, Ten Pin Bowling, Mountain Biking, Tennis and Fishing.

### Representative Sports

<table>
<thead>
<tr>
<th>Summer Sports</th>
<th>Winter Sports</th>
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</thead>
<tbody>
<tr>
<td>Water polo</td>
<td>Touch Football</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Basketball</td>
</tr>
<tr>
<td>Basketball</td>
<td>Soccer</td>
</tr>
<tr>
<td>Oz Tag</td>
<td>Netball</td>
</tr>
<tr>
<td>Super 10 Cricket</td>
<td>Hockey</td>
</tr>
<tr>
<td>Softball</td>
<td>Rugby League</td>
</tr>
<tr>
<td>Euro H’ball</td>
<td>AFL</td>
</tr>
</tbody>
</table>

### NSWCCC Rugby League

### NSWCCC Soccer Opens

### NSWCCC Soccer Year 10
- Champions (M) 2014, Champions (M) 2013, Runners Up 2011, Champions (M) 2007

### Berg Shield Junior Cricket

### Downie Trophy Opens Cricket
- Quarterfinalists 2006, 2016

### Arrive Alive Opens Rugby League

### GIO Schoolboy Rugby League
- City Champs 2015/National Finalists 2015, City Semi-Finalists 2014

### Cochrane Cup U/14 Rugby League

### Cronulla Rugby League Knockout

### CCC Open Rugby League
- Quarterfinalist 2015

### Penrith Netball Gala Day

### Representatives in 2014, 2015, 2016 and 2017

### Carnivals

The College has an annual Athletics Carnival, Swimming Carnival and Cross Country Competition which enables students of all abilities to compete and represent their houses (MacKillop, Nagle, Rice and La Salle).