



2023

HSC Results

NORTHERN BEACHES CHRISTIAN SCHOOL

Principal's Message

The release today, of HSC results and ATARs, marks the end of the school journey for the class of 2023.

Today is a day to celebrate. Not only did the 2023 cohort lead the school with aplomb and shape the culture of NBCS, but they have done wonderfully well and been justly rewarded for their hard work with the strongest set of results achieved by NBCS students to date. It is fitting to recognise their efforts and celebrate their success. We know that it was our students who did the hard work and carried the heavy load, but they could only have done that with the encouragement and support of their families and their teachers.

It is important to acknowledge and congratulate the silent achievers, the students who were able to finish despite adversity, who did better than they thought possible, who feature in our hearts but not on the lists. It is our quiet joy to go through results carefully and celebrate the work of all our students. We know those who gave it their all, who are deserving of all the accolades but won't receive the public acclaim. Your teachers know who you are, they are delighted for and proud of you. May you too, be proud of your efforts and what you have been able to achieve. May your efforts be a springboard to what comes next.

For all of us on staff at NBCS, we recognise that excellence looks different for every student. Our aim, as ever, is to enable students to take their place in the world, ready to make their contribution for good. We are delighted for those among the year group who received scholarships or early offers at university, who have taken up apprenticeships and work as we recognise their readiness to enjoy and make the most of life beyond school. We are grateful for the richness that all our students have added to our community.

In 2023, I am delighted that 18.3% of the exams our students sat resulted in a mark of 90% or higher. I am pleased to let you know that 30 of our students achieved an ATAR of 90 and above, and 49 of 80 and above. The success of the cohort was spread more widely across the whole of the year group. I congratulate Year 12 2023 on their success and note that it has been achieved by students, staff and families working together in pursuit of our students' best. While rankings are interesting, we are more interested in how students performed against their own standard, and this is part of our deeper analysis each year. Notwithstanding that, I am heartened to let you know that we jumped 44 places in the SMH rankings to 88th. We aim to bring out the best in our students to keep their options for the future as wide open as possible.

This year, we have received student ATARs directly for the first time. The story is a fabulous one to tell. Our median ATAR (middle of the grade) and our mean ATAR were our highest ever and significantly so. Our highest ATAR was 99.7 and our lowest ATAR was our highest ever, indicating that we are improving outcomes for all our students.

To the staff of NBCS, teachers from Kindergarten through to Year 12, I thank you for the time, energy, and skill that you invest into the education and development of our students. To the parents and families of our students, thank you for the support that you have shown to them and their teachers throughout their schooling. We continue to pray that the education our students receive serves as a firm foundation for life: a life of gratitude, respect, courage, compassion, and commitment, of expanding opportunities and service to others, through which the students of Year 12 2023 will flourish.

Tim Watson
Principal, NBCS



Celebrating our graduates



These 13 students began their journey at Northern Beaches Christian School in Pre-school or Kindergarten and received a certificate acknowledging their commitment to the School community earlier this year.

NSW All Rounders

Congratulations to the following 2023 graduates who achieved a result in the highest band (Band 6 or Band E4) in at least 10 units of study.



**Sahara
Nalbandian-Watkis**

English Advanced
Earth and Environmental Science
Geography
Mathematics Standard 2
PDHPE



Millie Piggott

English Advanced
Ancient History
Modern History
English Extension 1
English Extension 2
History Extension 1
Studies of Religion 1



Mia Viljoen

English Advanced
Ancient History
Modern History
Visual Arts
English Extension 1
History Extension

High Achieving Courses

Courses with averages significantly above state average

Course	Percentage in Band 6 (or E4) - over 90	
	NBCS	NSW
Ancient History	84.47	71.44
Biology	77.28	73.3
Business Studies	76.96	73.77
Design and Technology	82.66	77.16
Earth and Environmental Science	80.01	71.78
Engineering Studies	78.11	74.27
English Advanced	84.71	81.73
English Extension 2	43.98	40.07
Geography	79.43	75.88
Industrial Technology	80.01	70.87
Information Processes and Technology	85.47	70.71
Legal Studies	87.04	75.27
Mathematics Standard 2	74.4	71.76
Modern History	81.01	72.78
Music 1	86.72	82.09
PDHPE	79.01	72.98
Society and Culture	84.2	77.05
Software Design and Development	77.7	73.73
Studies of Religion I	44.5	38.8
Studies of Religion II	81.2	77.37
Textiles and Design	85.97	77.88

HSC Snapshot



26%

Students who achieved an
ATAR of 90+



99.7


School Captain Kelsey Smit was
our Dux, graduating with an
ATAR of 99.7

Percentage of students achieving in the top band (Band 6/E4)


Course	NBCS	NSW
Ancient History	35.71	9.18
Design and Technology	30.77	12.18
Earth and Environmental Science	14.29	7.30
Engineering Studies	16.67	8.74
English Advanced	27.78	13.78
English Extension 1	66.67	40.81
English Extension 2	75.00	28.79
English Standard	2.38	0.31
Geography	14.29	9.84
History Extension	42.86	26.32
Industrial Technology	35.71	7.56
Information Processes and Technology	33.33	6.72
Legal Studies	60	13.86
Mathematics Standard 2	11.11	9.15
Modern History	36.36	10.20
Music 1	40	22.56
Personal Development, Health and Physical Education	17.86	6.37
Studies of Religion I	80	13.89
Textiles and Design	35.71	16.52
Visual Arts	25	18.46


2
Top Achievers

3
All Rounders



18.3%
Band 6s and E4s
The percentage of Band 6/E4 results
across all HSC courses at NBCS


112
Band 6/E4 results achieved by 54
students across all HSC courses
out of a cohort of 115 students


43%
NBCS students with an
ATAR of 80 or above


88th
NBCS rank in the *Sydney Morning Herald* Schools
HSC Ranking in NSW up
from 132nd in 2022


15
Students received HSC
Showcase nominations for
their major works


89.08
Average ATAR for top 50%
of HSC graduates

Distinguished Achievers

The following students achieved a Band 6/E4 in the subjects listed

Thomas Aivazian	Legal Studies
Ellie Ambrose	English Advanced, English Extension 2
Anthony Bartlett	English Advanced
Joey Braund	Modern History, Personal Development, Health and Physical Education
Eva Broadhead	Business Studies, English Advanced
Matthew Burgess	Mathematics Advanced, Music 1
Charlie Campbell	Information Processes and Technology, Music 1
Tyler Campbell	Engineering Studies, Modern History
Samantha Charet	Modern History, Studies of Religion I
Talia Charter	Textiles and Design
Shion Choi	Music 1
Isabelle Clarke	English Advanced, English Extension 1, English Extension 2
Amelie Clayton	Mathematics Standard 2
Chloe Cook	English Extension 1
Aden Crawford	Industrial Technology
Indiana Cross	Design and Technology
Ella Dark	English Advanced, Legal Studies, Studies of Religion I
Charlotte Dix	Textiles and Design, Visual Arts
Josephine Everitt	Earth and Environmental Science, Engineering Studies
Isadora Ferreira	English Standard
Emma Gordon	English Advanced, English Extension 1, Visual Arts
Sophie Hamilton	Ancient History, English Advanced, History Extension, Studies of Religion I
Spencer Hole	Mathematics Standard 2
Jacob Laforest	Industrial Technology, Mathematics Standard 2
Joshua-Kane Lourens	Business Studies
Toby Lynch	Industrial Technology

Hannah Macmillan	English Advanced, Personal Development, Health and Physical Education
Sienna Mann	English Advanced, German Continuers, German Extension, Mathematics Standard 2
Genevieve Morrow	Design and Technology
Sarah Murphy	Design and Technology, Industrial Technology
Sahara Nalbandian-Watkis	Earth and Environmental Science, English Advanced, Geography, Mathematics Standard 2, Personal Development, Health and Physical Education
Jessica Newman	Ancient History, English Advanced, English Extension 1
Lara Overdijk	Mathematics Standard 2, Textiles and Design
Liam Parker	Industrial Technology
Jasmine Peterson	Mathematics Advanced, Modern History
Millie Piggott	Ancient History, English Advanced, English Extension 1, English Extension 2, History Extension, Modern History, Studies of Religion I
Riley Roper	Music 1
Kai Schreiber-Pitters	Engineering Studies, Mathematics Extension 1, Modern History, Physics
Daisy Sheriff	English Advanced, Textiles and Design, Visual Arts
Jake Sinclair	Mathematics Advanced
Michaela Siu	English Advanced, Personal Development, Health and Physical Education
Tamara Slinger	Ancient History, English Advanced, Legal Studies
Kelsey Smit	English Advanced, Mathematics Extension 1, Physics, Textiles and Design
Bianca Sorbara	Biology, English Advanced, Modern History
Evie Todd	Mathematics Standard 2, Personal Development, Health and Physical Education
Mia Viljoen	Ancient History, English Advanced, English Extension 1, History Extension, Modern History, Visual Arts
Cooper Watt	Mathematics Extension 1
Gabrielle Wood	Design and Technology, English Advanced
Magdalena Yeoman	English Advanced

Year 11 Accelerated Students

Connor Dalton	Mathematics Advanced
Abigail Kleemeyer	Mathematics Advanced
Molly Nunn	Mathematics Advanced
Joshua Pryor	Mathematics Advanced
Robert Tipton	Mathematics Advanced

Outstanding Achievers

Top Achievers

Kelsey Smit

2nd
in NSW Textiles
and Design



Charlie Campbell

6th
in NSW in Information
Processes and Technology



High Achievers by ATAR



Kelsey Smit
99.7



Mia Viljoen
98.95



Kai Schreiber-Pitters
98.6



Millie Piggott
97.55



Sahara Nalbandian-Watkis
96.95



Tamara Slinger
96.75



Bianca Sorbara
96.45



Sienna Mann
96.2



Michaela Siu
96



Matthew Burgess
94.6

Tertiary scholarships

Ellie Ambrose

Ramsay Scholarship: Bachelor of Arts (Western Civilisation) **University of Wollongong**

Anthony Bartlett

Bachelor of Accounting Cooperative Scholarship **UTS**

Chris Guyot

US sports scholarship (Football)
Studying Exercise Science Oklahoma Christian University

University early-round offers

More than 60 per cent of our 2023 HSC graduates applied and were successful in being offered entry into the university course(s) of their choice, prior to the release of their HSC results and ATARs. To view all the offers received, please scan the QR code, which will take you to our graduate page on our website.



Kelsey Smit

Kelsey is wearing the dress she created for her Textiles major work, which has been selected in the HSC Shape Exhibition of exemplary major projects in NSW.



STUDENT LEADERSHIP:

- Year 12 Leadership Team (School Captain)
- Led a CRU Friday lunchtime group
- Student-to-student reading program volunteer

SPORTS INVOLVEMENT (YEARS 7-12):

- Athletics - CIS representative
- Cross Country - CSSA representative
- Soccer - Peninsula Cup (Years 7 - 11)
- Soccer - CSSA Gala Day (Years 7 - 12)
- Volleyball Gala Day (Years 11 - 12)
- CSSA Netball Gala Day
- Futsal Gala Days
- Futsal Peninsula Cup (Year 11)
- Referee in Staff vs Student matches (Year 11)

HSC Dux with an ATAR of 99.70 2nd in NSW in Textiles and Design Selected for HSC SHAPE exhibition

WHAT SUBJECTS DO YOU ENJOY MOST AND WHY?

My favourite subjects were Physics and Maths Extension 2 as they both involve my passion for unravelling puzzles and engaging in complex problem-solving.

WHICH CO-CURRICULAR ACTIVITIES DID YOU PARTICIPATE IN?

I've been involved in a wide range of co-curricular activities and they have allowed me to form friendships and connections beyond my usual friend circle and across different grades. They have also been a helpful way to take a mental break from studying.

WHAT WAS THE MOST MEMORABLE THING YOU DID AT NBCS?

There have been so many moments, like being a part of the NSW Parliament's Student Leadership Program alongside Tom, where we met other school leaders and built lasting relationships. I have also really enjoyed being part of our school's sports teams. NBCS encourages you to try out new things and there have been so many opportunities for me to explore my passions and interests.

WHAT ACTIVITIES ARE YOU INVOLVED IN OUTSIDE OF SCHOOL?

I am involved in my church Youth Group, sport (lots), refereeing soccer, being creative (sewing and painting), hanging out with friends.

HOW DID YOU BALANCE ALL YOUR STUDIES AND CO-CURRICULAR ACTIVITIES IN YEAR 12?

By understanding that there are points where you can't do everything. I tried to avoid stress by allocating specific times for various tasks and ensuring I kept my activities separate within designated buckets.

IF YOU COULD GIVE YOUR YEAR 11 SELF ONE PIECE OF ADVICE ABOUT THE FINAL TWO YEARS OF SCHOOL, WHAT WOULD IT BE?

I'd advise myself to work hard from day one, ensuring a balance between studying and self-care. Prioritise sleep, proper nutrition and regular breaks and choose subjects that you are passionate about!

WHAT HAVE YOU GOT PLANNED IN 2024?

I'm looking forward to going to university. My plan is to study hard and then travel and go hiking in different countries during the uni breaks. Also, I'm hoping to do a university exchange in another country.

WHAT IS THE KEY TO YOUR VARIOUS ACHIEVEMENTS?

The key to my success lies in my perfectionist nature. I'm self-driven and hold myself to high standards, constantly pushing to meet and exceed my own expectations.

HOW HAS NBCS HELPED SHAPE YOUR THINKING?

NBCS' focus on community and welfare has influenced my personal convictions. It has taught me how to work independently and collaboratively, as well as to give my best effort. The open and welcoming approach to faith has broadened my perspective, enabling me to consider non-Christian views and has enhanced my ability to communicate effectively and articulate my thinking more clearly.

Anthony Bartlett

WHAT SUBJECTS DID YOU ENJOY MOST AND WHY?

I really enjoyed Economics and Business; they're a great combination because they're closely connected to the real world. Economics offers a global perspective, while Business gets into the nitty-gritty details. I want to do a double degree in Commerce and Economics at the University of Sydney.

WHAT WAS THE MOST MEMORABLE THING YOU DID WHILE AT NBCS?

A standout experience was my involvement in the school's cricket team. Since Year 7, we maintained a strong core team. Being able to celebrate successes and navigate challenges with such a tight-knit group of friends has been truly rewarding. I had the privilege of leading the NBCS team as captain in Years 9, 10, and 12.

HOW DID YOU BALANCE ALL YOUR STUDIES AND CO-CURRICULAR ACTIVITIES IN YEAR 12?

Participating in various co-curricular activities has taught me to become more organised. Now, I have an effective planning system in place for the future.

WHAT IS ONE PIECE OF ADVICE YOU WOULD GIVE TO STUDENTS STARTING YEAR 11?

Stay ahead of the game. Set up a routine. Understand where you're starting from to build a strong foundation. Be dedicated to refining your skills and focus on ticking off all the achievable boxes within your control.



Kai Schreiber-Pitters

DID YOU HAVE A FAVOURITE HSC SUBJECT?

My favourite subject was Math Extension 2 as I found it challenging, and I like how it provides the opportunity to explore beyond the core syllabus.

WHAT CO-CURRICULAR ACTIVITIES WERE YOU INVOLVED IN AT NBCS?

I was in various bands, including rock and chapel bands. There is so much co-curricular choice but the most useful ones for me were the car mechanic course and Toastmasters (which has been helpful in a leadership role). The opportunities provided in Student Opportunity Week also far exceeded what I ever thought was possible to do at school.

IF YOU COULD GIVE YOUR YEAR 11 SELF ONE PIECE OF ADVICE, WHAT WOULD IT BE?

Prioritise sleep! You also have more time than you think, but you need to be organised and efficient. Don't avoid doing the things you don't want to do.

WHAT WOULD YOU SAY IS THE KEY TO YOUR VARIOUS ACADEMIC ACHIEVEMENTS?

I am a perfectionist and I have high expectations of myself, so I am self-driven.

HOW HAS NBCS HELPED SHAPE YOU?

The range of opportunities is immense and the school is so supportive of students who want to learn and grow. I have been equipped with a love of learning and the skills needed to acquire knowledge.

WHAT ARE YOU PLANNING TO DO IN 2024 AND BEYOND?

I plan to study a double degree in maths and engineering, hopefully at the University of NSW.



HSC Showcase recognition



Drama | On STAGE

with Isaac Owen

Nominated
SAVANNAH WHALLEY



Music | ENCORE

with Claire Rowsell

Nominated
MATTHEW BURGESS



Design & Technology | SHAPE

with Naomi Rawe

Nominated
GABRIELLE WOOD



Industrial Technology | SHAPE

with Chris Bannister and Michael Nicoletti

Nominated
ADEN CRAWFORD
JACOB LAFOREST
SARAH MURPHY
KAITLYN PALMER
LIAM PARKER
LEX RAFFLES



Textiles | SHAPE

with Michelle Gray

Selected
KELSEY SMIT
Nominated
TALIA CHARTER
CHARLOTTE DIX
TASHA SCHOLTZ
DAISY SHERIFF



Visual Arts | ARTEXPRESS

with Nicole Courtenay

Nominated
MIA VILJOEN

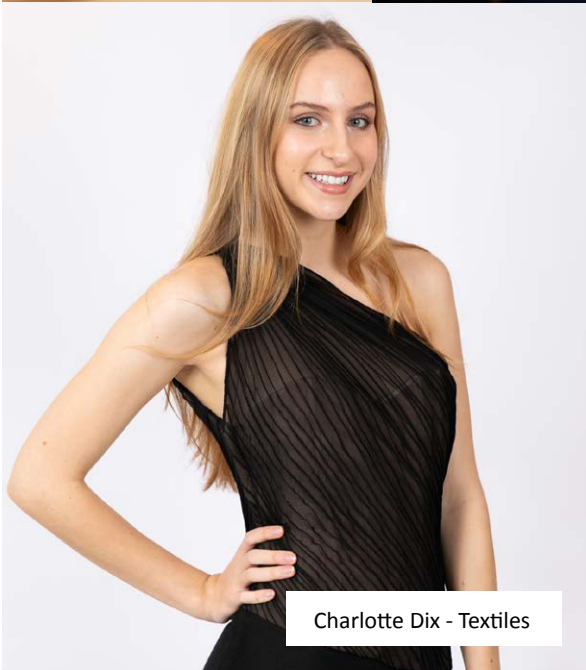
Showcase



Gabrielle Wood - D&T



Aden Crawford - Industrial Technology



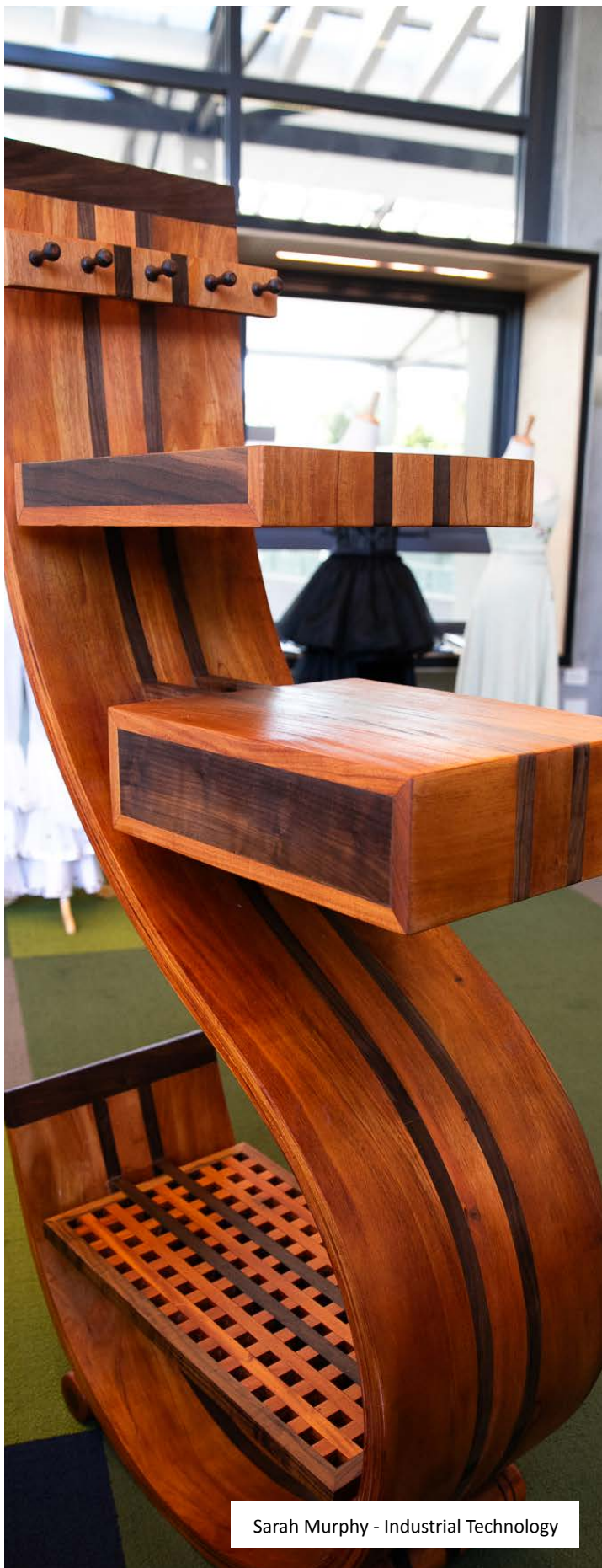
Charlotte Dix - Textiles



Savannah Whalley - Drama



Kaityn Palmer - Industrial Technology



Sarah Murphy - Industrial Technology



Liam Parker - Industrial Technology



Tasha Schultz - Textiles



Mia Viljoen

DID YOU DISCOVER AN AREA OF PASSION AT NBCS?

I've loved every moment of my studies in the past two years, especially history – Modern and Ancient, and Extension History. The content has been so fascinating. Studying HSC history made me realise I wanted to pursue history after school. I am planning to do a Bachelor of Arts, majoring in History, with a minor in Archaeology at the University of Sydney. I would love to be a history professor or lecturer one day. At one point, I did want to pursue art as a career but I saw more of a career path with history.

CAN YOU SHARE SOME OF YOUR VISUAL ARTS JOURNEY?

I had to overcome a lot of challenges as I decided I didn't like the large-scale painting I had worked on for months, so I started again. But I am much happier with my finished self-portrait, which portrays and amplifies the voice of women.

ARE THERE ANY PARTICULAR STAFF WHO HAVE MADE A DIFFERENCE IN YOUR HSC?

Both of my history teachers – Ms Malley (Modern History) and Dr Newlands (Ancient History and Extension History) have been a huge part of my inspiration to pursue history after school. The teachers here are all so supportive.

IF YOU COULD GIVE YOUR YEAR 11 SELF ONE PIECE OF ADVICE ABOUT THE FINAL TWO YEARS OF SCHOOL, WHAT WOULD IT BE?

I would tell myself not to equate my academic ability to my marks, as I have a tendency to do that and it's not always accurate.



Jake Laforest

INCLUDING PRE-SCHOOL, YOU SPENT 15 YEARS AT NBCS. WHAT HAS BEEN THE HIGHLIGHT?

It's a great community and it's all I've known. I've enjoyed every minute of Year 12 – it's been hard in some ways but having great friends and teachers around me has made it so enjoyable.

YOU DID A LOT OF SPORT AND CO-CURRICULAR. HOW DID YOU MANAGE IT ALL?

I played soccer and cricket for my club and school and I was one of the CRU leaders at school, which was a big commitment. I found I could stay on top of my studies pretty well, even though I missed a lot of school due to our knockout cricket competitions. I think it's important to do what you enjoy – seeing friends, going to church, playing sport and being organised with your time all made it possible.

WHAT HAVE YOU ENJOYED ABOUT BEING A SCHOOL LEADER?

Cru co-captain Savannah and I ran CRU small groups for Years 7-12, and we helped run CRU on Fridays at lunchtime. We also helped run Years 7-9 and 10-12 Chapel every week. I really enjoyed it and I feel I've got a lot better at public speaking and learnt a lot of leadership skills.

WHAT HAS BEEN THE HARDEST SUBJECT IN YOUR HSC?

The chair I made for Industrial Technology was the hardest thing I've ever tried to do! There were different angled pieces fitting with other angled pieces, and it was a long process to bend the timber. But I'm so happy it is done.

WHAT ARE YOUR PLANS FOR 2024?

I plan to do either Construction Management at UTS or Sport Science.



Michaela Sin

YOU COMPLETED THE HSC ADVANCED MATHS ACCELERATED COURSE IN YEAR 11. WAS IT YOUR FAVOURITE SUBJECT?

I had done Accelerated Maths since Year 8 and so it was good to complete one HSC subject in Year 11 as it took a lot of pressure off this year, but I found it pretty stressful as I didn't know what to expect. I ended up doing pretty well, getting a Band 6. My best subject and the one I liked most was PDHPE and I also enjoyed Extension Maths and Chemistry.

AS A SPORTS CAPTAIN, YOU HAD A LOT OF LEADERSHIP ACTIVITIES AND CO-CURRICULAR SPORT. HOW DID YOU BALANCE THESE WITH COMPLETING YOUR ACADEMIC WORK?

I actually find it easier to get my studies and homework done when I've got co-curricular on because when I have lots of spare time, I procrastinate, so if I've got sport or co-curricular, it forces me to study whenever I have time.

WHAT WOULD BE YOUR ADVICE TO STUDENTS STARTING YEAR 11?

Your results don't matter as much as you think they do, as there are so many pathways you can take to get where you want to go. I was pretty hard on myself so I'd advise students who get stressed to chill out a bit – it's not that big a deal!

WHAT ARE YOUR PLANS IN 2024 AND BEYOND?

I plan to go to study Medical Science or Sports Physiology at Macquarie University, UTS or the University of Sydney.



Josh Lawson

AS A MEMBER OF THE NSW U17S CRICKET SQUAD IN YEARS 11-12, HOW DID YOU MANAGE TO FIT IN STUDY TIME?

I was training at Olympic Park til 9pm three nights a week and most of the weekend so I made all my teachers aware of my training schedule and found ways to make it work. I would get up most mornings between 5-6am and do 1-2 hours of study or homework. Once I got strategies in place, I could relax and enjoy training as I wasn't overwhelmed with schoolwork. I'm not a study planner or library or group study person. I just stayed committed and chipped away every day. I actually got a lot of satisfaction out of my studies.

WHAT DID YOU LIKE MOST IN YOUR ROLE AS SPORTS CAPTAIN?

(Sports co-captain) Michaela and I created a fun Year 7 v Year 12 lunchtime football game on the oval every Friday, and the Year 7s loved it, so that was really rewarding. I also like public speaking so I enjoyed leading the term sports assemblies and also the Year 12 students v staff soccer game.

WHAT WAS THE HIGHLIGHT OF YOUR TIME AT NBGS?

The students – we were so blessed to have such a great grade. We've all come together as a cohesive unit in the last two years – and I think Manhattan (senior study centre) makes a huge difference.

WHAT ARE YOUR PLANS FOR 2024?

I will study Exercise and Sports Science at UTS or Macquarie. I've always liked the idea of being a PE teacher, but that course gives me other options too. I will continue with my cricket. I'm now playing men's representative cricket for Manly and I'm really enjoying it.



Bianca Sorbara

HOW HAS YOUR TIME AT NBCS SHAPED YOUR INTERESTS AND PASSIONS?

In Years 7, 8 and 9, my science teachers helped develop my passion in STEM subjects, with Chemistry and Biology becoming my favourite subjects. I also studied Advanced Maths, Extension Maths, Modern History and English for the HSC.

WHAT MADE YOU CHOOSE THE ACCELERATED ADVANCED MATHS HSC COURSE IN YEAR 11?

There were about 20 of us who had been in the Accelerated Maths program since Year 8 and it was probably one of the highlights of my time at school. It was good to push myself and set up a good work ethic from a young age and our amazing teacher took us right through from Year 8 and was always available to support us. It was good to get that subject completed and I was really happy to get a 92 in the course because it was a lot of work. Amazingly, I think 10 of our class got Band 6s.

YOU WERE VERY INVOLVED IN YOUR SOCCER CLUB AS A PLAYER AND VOLUNTEER AND ALSO PLAYED FOR THE SCHOOL. WAS IT HARD TO BALANCE YOUR STUDIES AND SPORT?

Most of the year I was very involved in summer or winter soccer, so I made sure I was consistent and didn't procrastinate when it came to study. I would come home from school and do a good two hours of study from 4pm most days. I would write a summary for each module so when the exams came, I could just refer to my notes and condense them.

WHAT ARE YOU PLANNING FOR 2024?

I hope to do Advanced Science, with a major in Pharmaceutical Sciences at UTS.



Tom Aivazian

CAN YOU TELL US ABOUT YOUR AMAZING ACHIEVEMENTS IN GYMNASTICS AND HOW YOU JUGGLED YOUR TRAINING AND STUDY COMMITMENTS?

I've been doing gym since I was about eight. At the end of last year, I went to the World Age Championships for Trampolining in Bulgaria. I think I came 17th. Then in Term 2 this year, I won the individual tumbling competition at Nationals and our NSW team won the teams event.

For me, I tried to make the most of every bit of spare time every day. I did all my major study tasks before training because my training finished at 7.30pm so it was 9pm before I could sit down and start studying again. So I made notes and did the easier tasks in the evenings.

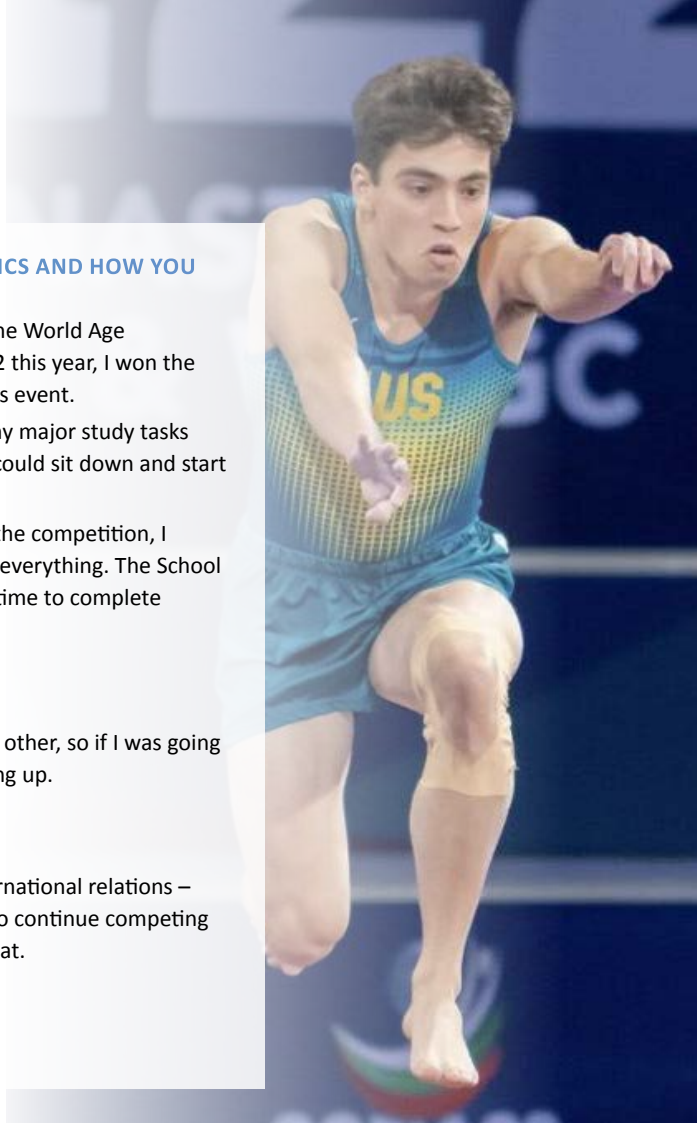
Leading up to competitions, I would focus more on my training and then after the competition, I would take a week or two off training and focus on my studies to get on top of everything. The School was really supportive too. When I went away for the worlds, I was given more time to complete assignments and my year advisor helped me know what to prioritise.


DID YOU FIND IT HARD TO FIT IN YOUR ROLE AS SCHOOL CAPTAIN?

Having a strong support network was key. The four captains all supported each other, so if I was going to be away, one of the others would offer to take on whatever duty I had coming up.

WHAT ARE YOUR PLANS FOR 2024?

I'm keen to study a double degree in law and arts, majoring in politics and international relations – either at Macquarie University or Notre Dame. I'm undecided about whether to continue competing in gym, but if I were to stop, I'd do a lot more coaching as I'm really enjoying that.



 (02) 9450 1311

 nbcs@nbcs.nsw.edu.au

 1 Echunga Road, Terrey Hills

 www.nbcs.nsw.edu.au



Love Learning