

MEDIA INFORMER

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HSC Student Strikes A Balance

Roseville College Year 12 student, Ashleigh Knight, has successfully balanced her recent HSC with a passion for sport, becoming NSW Under 19 Javelin Champion at the NSW All School Athletics Championships last weekend – just one week after completing her last HSC exam.

With her HSC results and the Australian Youth Championships (March 2010) now ahead of her, Ashleigh is an encouraging role-model who proves that it is possible to achieve a successful balance between study and other activities.

“I’d love to take my athletics as far as I can,” says Ashleigh. “Sport has always been my release from study and work, and I hope to continue a good balance at university – I’m applying to universities with strong elite athletes schemes, so I can continue with sport; but not at the expense of my career aspirations.”

Ashleigh credits her teachers and coaches with helping her to be disciplined and maintain a good balance between training and schoolwork. “Being my HSC year, it was crucial that I organised myself by setting aside time for both sport and study. I also ‘timetabled’ myself for times when one or the other demanded more attention, such as exams or a competition.”

Head of Sport at Roseville College, Mrs Ann Osborne, says Ashleigh has combined maturity and wisdom with her approach to academia and sport, and shared the School’s prestigious 2009 Pamela Jones Memorial Prize for Outstanding Contribution to Sport with peer and National Softball representative Michelle Cox.

“Ashleigh trained consistently this year. To become State Champion, Ashleigh worked hard to win her event at the Independent Girls’ School Sporting Association (IGSSA) and the NSW Combined Independent Schools (NSWCIS) Championships,” adds Mrs Osborne. “It is always encouraging to see students enjoy a balance between school and their passion, such as sport in Ashleigh’s case, rather than for one or the other to suffer. Ashleigh has struck a healthy balance between the two.”

Roseville College aims to encourage and nurture every girl to reach her potential, and boasts a number of remarkable individual and team achievements in sport in 2009. In addition to excellence in javelin and athletics, students have excelled to state and national levels in rowing, softball, tennis, swimming and hockey.

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Photographs: *top* Roseville College Year 12 athlete Angela Knight.
bottom Roseville College athlete Angela Knight throws to become NSW Under 19 Javelin Champion at the NSW All School Athletics Championships last weekend.



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