



# Rochedale State High School

Performers for every stage expressing talents in every field

## DISTRICT SPORT

Rochedale State High School (RSHS) membership extends across two distinct sporting districts.

- Mt Gravatt District
- South District

Each district serves as a gateway to representative sporting opportunities, including participation in Metropolitan East School Sport and Queensland School Sport. To access these pathways, interested students are nominated by the school to attend district trials. Detailed information about these trials and the nomination process can be found at <https://meteastschoolsport.eq.edu.au/>

Throughout the academic year, various district-level sporting events take place, enhancing the overall sporting experience for our students. For key events such as swimming, cross-country and athletics, students are selected via the school, based on school performance at the RSHS carnivals.

For all district events and trials, students will be notified by the school of the opportunity to apply via the school website, school notices and emails. It is the responsibility of students to follow up the application process outlined below:

### District Sport Trial Nomination Process

1. Event calendar posted on school website
2. Trial notification will be advertised to students via school notices and students will receive an email.
3. Interested students must see the relevant sports coordinator at the sports window located in the sports hall.
4. Sports Coordinators will provide students with a hard copy permission form to attend trials.
5. Students must attend the trial WITH the hard copy permission form.

**Note: Digital permission forms are not accepted for district nominations.**