THE PREMIER MID WEEK COEDUCATIONAL SCHOOLS SPORTING ASSOCIATION IN MELBOURNE
A highlight of the EISM calendar is the Swimming Competition conducted through three Divisions. The Division One Carnival takes place in the outdoor pool at MSAC as a night time event. Divisions Two and Three are held at Nunawading Aqualink. Schools are promoted and relegated between divisions depending on where they finish. The best swimmers from each Division are then invited to compete in the Championship Carnival, an evening competition held at MSAC. It is seen as a great accomplishment to be invited to the Championship Carnival.

Events at the Carnivals include individual events for Freestyle, Backstroke, Breaststroke and Butterfly with Freestyle and Medley relays also being contested.
Member schools’ best athletes meet to compete in the annual Athletics Carnivals held at Lakeside Stadium. Three separate Carnivals are held so that students get to compete against others of similar ability. New records are set and personal best times achieved across a range of track events involving sprints, middle distance races and relays. The field events involve shot put, high, long and triple jumps allowing for maximum student participation.

The winner from each event and the other best performers are invited to compete in the Champions Carnival, an evening event held at Lakeside Stadium. These students challenge each other under lights, cheered and supported by teachers, friends and family.
CROSS COUNTRY

Ruffey Lake Park, in Doncaster, is the venue for the Cross Country Carnival. This is a great opportunity for encouraging a sense of school and team pride. With up to 150 students per race competing and twenty races held on the day, there are many students who get to represent their school.

The course has been described as challenging. Competitors run in all conditions as students strive to win their age group, with individual place getters receiving medallions for their efforts.
Students love competing in the Point Leo Beach Carnival held at the end of November each year. This informal, yet highly controlled and structured, carnival encourages students to get active and involved in a range of beach and water events including: beach sprints, swimming, board races, surf rescues, ironman events, flags and relays.

The emphasis of this carnival is on safe participation, with qualified Surf Life Savers monitoring the proceedings. Covered areas are provided for shelter and all students are strenuously encouraged to be Sun Smart throughout the day.

It is a great day out for all students!
The weekly sports competition is about involvement, increasing skills and performing to the best of your abilities in a team environment. Seniors play their Summer Sports in Term 1 and Year 9’s play in Term 4. Winter Sport for everyone is in Term’s 2 & 3.

A wide range of sports are offered, appealing to a variety of interests and skill levels. At the Year 8/9 and Senior level, the boys get to choose from Hockey, Tennis, Volleyball and Cricket in Summer and Football, Basketball, Table Tennis and Soccer in Winter. The girls play Softball, Tennis, Volleyball and Soccer in Summer and Hockey, Basketball, Table Tennis and Netball in Winter. The top two placed teams in all of the sports then play off in the Grand Final.

The Year 7 seasons are in Terms 2, 3 & 4. This program is a highly successful introduction to EISM sport. These young students learn the rules of each sport, codes of conduct and sporting etiquette, uniform requirements and the thrill of representing their school at various locations. Most importantly, however, the Year 7 students enjoy the possibilities of participation and the activity of team sports.

The sports offered mirror the older age groups, educating the students in the culture of participation and the love of exercise.

Individual and team excellence is recognised and rewarded at the end of the season with trophies and pennants going to the Premiership Teams, while the runners up return to school with a banner recognising their achievement and high level of success.
The sports offered mirror the older age groups, educating the students in the culture of participation and the love of exercise.
The Summer competition is held in Term One for Seniors and Year 9 students. The Winter competition is held across Terms 2 & 3. In Term 4, the Year 9’s have another opportunity to try a second Summer sport. All sports finish with the top placed teams playing off in a Grand Final.

A wide range of sports are offered. All students are able to play Basketball, Softball, Tennis, AFL Football, Soccer, Volleyball and Hockey. The Boys also have the opportunity to play Badminton, Table Tennis and Cricket. The girls get to play Indoor Cricket and Netball. As the Year 9’s have a second Summer season, they can also try playing Ultimate Frisbee, Touch Rugby and Lawn Bowls.

The students learn the skills they will need to contest the older competitions, playing all the same sports and honing those skills and talents as well as generating new ones in teamwork, leadership and fair play.
Year 8 students in the Eastern Division play in Terms 1, 2 and 3 for EISM Sport. Schools can enter more than one team per sport, allowing for maximum involvement and widespread participation. The students learn the skills they will need to contest the older competitions, playing all the same sports and honing those skills and talents as well as generating new ones in team work, leadership and fair play. The Year 7 students start their EISM experience in Term 2, beginning with a five week season.
This is a recent addition to the EISM and is in place to enable the smaller schools to play against other schools of a similar size. The Southern Division is closely aligned with The Central Division and in sports such as Cricket, Hockey, AFL Football, Touch and Softball, the fixture combines both Divisions. The other sports offered to schools in the Southern Division are the same as in Central Division.

The Southern Division has seen the introduction of some Central Division schools’ second teams. This increases the number of opponents that are played against each season and enables more students the opportunity to represent their school in competitive matches.

As the number of Southern Schools is relatively small, the Year 7 competition is run as a joint competition with the Central Schools.

The same as the other two Divisions, good performances are rewarded with selection into an All Star team that the coaches nominate students for.
The Southern Division is closely aligned with The Central Division and in sports such as Cricket, Hockey, AFL Football, Touch and Softball, the fixture combines both divisions.
This competition has run since 1999. The close competition creates a friendly rivalry between the representative teams. Friendships are formed with new team mates in a positive environment and the rapport with coaches further elevates the EISM regular competitions.

The Sports Exchange is a chance for representative EISM teams to play against other School Sport Associations. In the past, this has been against Ballarat schools and Gippsland schools. There have also been occasions when representative games between the Divisions have been played.

The Sports that have been offered are Netball and Soccer for the Girls and Basketball and Soccer for the Boys.
The EISM has been sending teams on Interstate Tours for Boys Basketball and Girls Netball for many years now. As part of the EISM's 50th Anniversary Jubilee, these teams went to New Zealand. Due to the success of this trip, more tours in different sports are being considered.

The EISM is invited to play in a number of Premier School competitions. The HeraldSun Shield is one of those competitions along with championships for Cricket, Softball and Soccer.
5-a-side Soccer is played inside an enclosed court and is a popular competition for the students. It is a fast paced, non-stop game that requires students to interchange at a regular interval due to the dynamic nature of the game. This has been played in various formats, with 7-a-side and Futsal also being played in the past.

Each year for the Year 7’s, Central and Southern Divisions play an annual day of Cricket for the Boys and Softball for the Girls. Three games are played on the day with the top placed teams coming back the following week to play the final. Skill levels and knowledge of the game increase markedly and this has consistently been a highlight for the students who compete.
These are the 22 member schools of the Eastern Independent Schools Melbourne. The boys and girls of these schools play in an enormous range of sporting activities representing their schools in weekly sport during school hours.