



PRINCE ALFRED COLLEGE BOARDERS' HERALD

SEPTEMBER 2025 - EDITION 16



ABOVE: Award winners at the Term 3 Academic Awards Assembly.
INSET: Boys at the Adelaide Zoo for a boarding activity.

Finding Balance: A Journey Worth Pursuing

MR PHIL NOBLE
DIRECTOR OF BOARDING

In a world that constantly demands more—more achievement, more connection, more speed—finding balance is not just a luxury, it's a necessity. For teenage boys navigating school, sport, friendships, family, and personal interests, the challenge is real. It's also achievable.

This year, I've made a conscious effort to pursue a healthier sense of balance. During my leave in Term 2, I took time to reconnect deeply with my family and rediscover personal interests that often get sidelined. That time reminded me that balance isn't something we stumble upon, it's something we intentionally work toward.

Returning this term, I've brought that mindset with me. Balance for our boarders means giving space to academics, co-curricular pursuits, relationships, and rest. It's about recognising when to push and when to pause. It's about being present—with your mates, your

teachers, your family—and knowing that each part of your life deserves attention.

At Prince Alfred College, we frequently discuss the importance of mateship, camaraderie, and gratitude. These, together with our values of Excellence, Endeavour, Respect and Belonging, are the foundation of a balanced life. Our boarding programs aim to provide every boarder with a balanced experience, opportunities to excel, and pursue their areas of interest. Our activities, service, and co-curricular programs offer new and different experiences, encouraging boarders to explore alternate endeavours. Our boarding community builds a sense of belonging through these shared experiences, with each boarder being able to connect with people from all over Australia and the world.

Balance is not about giving equal weight to every task or responsibility, but about intentionally allocating time and energy where it's most needed, acknowledging the natural ebb and flow of our demands, personal commitments, and the seasons of our lives.

At Princes, we are committed to nurturing and developing balanced Prince's Men. Men with compassion, who care and support others with respect. Men with a sense of duty, honour and integrity, working hard to excel in their areas of interest. Men with courage and emotional strength who are there for their mates and families, looking to build a sense of belonging within their communities. Men with purpose who endeavour to make a positive contribution to society.

This year's leaders provide some excellent examples of balance as they strive to lead by example and work toward their personal goals. Max Garnett has been balancing high-level rowing success while studying in the IB and maintaining his leadership roles. Angus Hall has led the boarding community while putting in extra training and time to be accepted into the armed forces. Finally, Eddie Lock has led our sustainability committee, spearheaded our chook program in boarding and the school, while also travelling to complete interstate at national-level judging competitions.



Charlie using the woodfire pizza oven

Balance isn't weakness, it's wisdom. It's the key to thriving, not just surviving, but it takes effort, mindfulness and an awareness of the choices we make every day.

PRINCE ALFRED COLLEGE

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Headmaster Mr Roberts.

Building a supportive culture

MR DAVID ROBERTS HEADMASTER

Congratulations to the staff and students who have again produced an exceptional Boarders Herald, but particularly Mr Quinn and Angus Hall. I read Mr Noble's article before putting pen to paper for my own 2025 Boarders' Herald article. Working and living in a boarding house is all-encompassing for students and for staff; we know a balance in our daily lives is critical to the sustained energy levels needed to be effective in our roles. Linked to this, and as the boys and parents would know, we have spent a lot of time talking about our boarding house culture and the need to care for it as well as seek to continually improve it. I'm very proud and apprecia-

tive of the work done by Mr Noble, Mr Mercer, staff and the student leaders over the last few years but we cannot rest.

Boys engage more with, and have greater success in their studies when they feel safe, secure and have a sense of belonging – the academic results of the boys in the boarding house, and specifically the Approach to Learning data we collect has improved steadily over the previous two years which I congratulate the team on. Culture has been one of the key ingredients for this improvement.

Critical to our culture is the daily interactions that occur between boys and staff, and between boys and other boys in, and outside of the boarding house. There must be a balance in how we speak with, and to each other

– good natured fun, balanced with genuine interest and kindness. You cannot have one without the other if you want to have a healthy culture within the boarding community. Our boarding students do not get to go home each evening after what may have been a challenging and exhausting day. They must be returning to an environment where they know their peers and staff care for them and the environment will enable them to be able to be supported. What I have been skirting around is what we refer to as banter and we must all play a role in keeping this in check and making sure the overall culture is one of support. This is not yet perfect, and it may never be, but the boys (and staff) should be congratulated for the gains they have made and the supportive culture they are building.



Strength, Vision & Legacy

The beautiful sand artwork created on the Front Oval.

MR BEN LEWIS SENIOR RESIDENTIAL ASSISTANT ABORIGINAL PROGRAM COORDINATOR

The 2025 NAIDOC Week theme, "The Next Generation: Strength, Vision & Legacy," recognises the power and promise of young Aboriginal and Torres Strait Islander people. It calls on all Australians to invest in their future, honouring the strength of those who came before, empowering those rising now, and shaping a legacy for those yet to come.

This message resonates deeply within the PAC Boarding House, where Aboriginal students are not only supported today, but have opportunities to engage with current leaders, empowering them as the future leaders and knowledge-holders of their communities. From cultural expression to academic achievement, the work being done at PAC Boarding embodies the spirit of this year's theme.

The walls of the Boarding House showcase Aboriginal artwork created by students and community artists, each piece telling a story of

strength, vision, and identity. These works create a culturally safe space where students feel seen and celebrated.

Opportunities to engage with Aboriginal knowledges are woven throughout boarding life. Cultural workshops, community connections, and ongoing involvement in the Aboriginal and Torres Strait Islander Knowledge Centre allow students to share and strengthen their cultural identity while contributing to the broader school community's understanding and respect.

Weekly tutoring, delivered through a valued partnership with University of Adelaide students at St Ann's Residential College, further supports academic growth. This mentoring not only lifts educational outcomes but also builds strong relationships and models a pathway to tertiary success.

PAC Boarding proudly reflects the theme in action, empowering the next generation with strength, guided by a shared vision, and committed to a legacy of cultural pride and educational opportunity.

Seymour vs PAC, walking in both worlds

MS EMILY COCHRANE BOARDING ASSISTANT

Day one started with, "do you know my sister, she goes to Seymour?" And, "which boarding house do I like more?" Working at both definitely has its similarities and differences, I could never pick a favourite they're like comparing chalk and cheese.

The Seymour boarding house definitely has that homely feel with rooms adorned with fairy lights, flowers and affirmations, and emotional support delivered via all the girls in one room, and a group chat for literally everything.

PAC, on the other hand? Every room is sure to feature at least one guernsey or scarf pinned up on the wall, as well as a hat, stick-er, or something covering that notoriously

annoying aircon light.

Shower parties transcend both houses whereas you're more likely to find ten girls in the communal bathroom with one speaker blaring. At PAC, ten boys, ten showers, ten speakers, and ten conflicting playlists.

The boys are privileged to have a layout that leans into more active social areas with the spaces adorned with pool tables, table tennis, and a kind of rowdy noise that's less giggles, more competitive banter. You rarely find the boys all in one room, instead in one of the many common spaces in the wings. The first few weeks involved me staring at their Reach profiles as I quickly realised the boys rarely introduce themselves. So, I was stuck guessing names and looking at doors before I knocked.

Whereas the girls want to know all the details, the who's who, any recent online shopping you've done and "oh we saw you hang your washing out".

As for signing in/out? The girls have it down to a fine art. You'll always know where they are. The boys? Let's just say... Reach is more of a suggestion than a system.

So, if you ask me again whether I know your sister, chances are, yes.



Emily showing Kobi how it is done on the pool table.

Message from the Editors

For the 2025 Boarders' Herald, we sought to create an engaging and page-turning newspaper that truly celebrates boarding at Prince Alfred College. We would like to thank all the staff, parents, and most importantly, boys, who contributed to making this year's edition a great success. It is in the mundane and extraordinary that make boarding what it is, and we hope you are entertained as you read and explore this authentic look into boarding. We would also like to extend a special thanks to the team at Star News Group, without their help we would not have been able to produce and publish such a great production. Happy reading. – The editorial team



Vice Captains Noah and George with Mr Noble and Captain Petey.

**PETEY FLOWER
COLLEGE CAPTAIN**

As captains we were invited to stay in the boarding house as part of an ongoing tradition where we found out what it was like to live at school. In both the summer and winter Intercols, access to a place where we could do homework, sleep and have regular meals in such a short walk was extremely useful.

Summer Intercol is always an exciting time of the year especially with the brilliant weather it brings. We enjoyed being able to easily access the school during this time as well as the quick walk to Saints who were hosting summer Intercol. The ability to walk up to someone's door and just have a conversation with them in the boarding house is something that we did not take for granted. For it being our first time there it was the little things like that which really made it a great experience. Our personal highlight was sitting up in the "Penthouse" with the year 12s and 11s watching the footy on a Thursday night. Listening to all the banter and laughs that we had around that television will always stick with us as a positive memory.

Unfortunately, I was unable to stay during term 1, so I went in fresh during winter Intercol, which while daunting, was actually a great refresh during year 12. Noah however was unable to make it due to sickness, so he restrained himself to tucking into the dining hall's food while staying home. George and I got off to a cracking start as I realised, I only

packed shampoo for my week stay and George figured out halfway through that the mattress protector wasn't a blanket. We appreciated the opportunity to connect with boys enjoying the food, but in particular the chats and jokes, and engaging in boarding house comradery. Whilst not being able to experience any formal dinner, we were still quizzed by year 12 boarders about farming terms where we all scored zero. The late-night chats were a highlight with groups of senior boys discussing everything from home, future ambitions and some friendly banter. Moreover, my favourite part of the day was the race downstairs at 8pm to receive chocolate milk and taste a famous Mr Lewis cookie. I also was a part of lockup with Mr Noble where I saw the device hand up and got to chat to boys from various year levels. One thing that particularly stuck out to me in the interactions was the general comradery through the brief chats across wings to meaningful staff interactions. The positive culture of the boarding house was special to see and was evident in simple things like boys challenging Intercol table tennis captain Rijak Dhingra, or Owen Hislop in my wing lending me nail clip-pers.

Overall, we really enjoyed our time in the boarding house and would like to extend a huge thanks to all the staff and boys for making it such a memorable experience as the opportunity to become a boarder for the week allowed us to be a part of a family of boys from all walks of life and is an opportunity the captains will always appreciate.

Enhancing Capabilities and Assistance: Academic Development in 2025

**MR WILL MERCER
ASSISTANT DIRECTOR OF
BOARDING**

With an emphasis on skill development, individualised support, and a reaffirmation of our dedication to holistic growth, Boarding Academics has continued to gain momentum in 2025. In its second year, the College's Approach to Learning framework continues to be a key component of our academic philosophy. Meaningful discussions between staff and students are still shaped by the emphasis on process over outcome, which promotes introspection, resilience, and a deeper interest in learning.

The second year of the A-Team Tuition program has begun, and it works closely with Year 10 students to improve overall performance and develop fundamental academic skills. The advantages of this program are becoming more and more apparent to the entire class, and we keep asking students for input to improve and broaden its influence, particularly as we plan for what A-Team and Academic Support more broadly will look like in 2026 and beyond.

To supplement our expanding range of senior academic support services, A-Team tutors provided their services exclusively to boys in Years 11 and 12 on one night a week in Term 2. Attendance gradually increased as these students saw the benefit of this support as they prepared for long-term tasks and end-of-year examinations encompassing a year's worth of content.

Continuing support of Year 11 and 12 students is available through the Master-classes and Drop-in Sessions that are available through day-school staffing attending boarding across the term, to assist students in juggling the demands of their final years of study.

Our weekly homework schedule, which offers regularity and room for concentrated



Small groups are at the heart of A-Team success.



Year 9s working hard in supervised homework.

application, continues to be a fundamental component of Boarding's academic structure. Students are well-supported in their academic endeavours when combined with the continuous presence of academic staff in the library.

As always, we urge all boarders, regardless of their post-school path—academic, vocational, or otherwise—to approach their studies with pride and purpose. Results are important, but so are the effort and mindset put forth to meet the challenge.

2025, another successful year in boarding

**ANGUS HALL
BOARDING CAPTAIN**

2025 has proven to be a widely successful year here in boarding, with the boys having taken full advantage of the opportunities, challenges, and initiatives presented to them. We kicked off the year with our annual Boarders Team-Building Day, welcoming 38 new boarders into the community. The Team-Building Day is both a day of anticipation – and sometimes, nervousness for those joining the school for the first time – as it is a fantastic opportunity to build upon existing relationships, and to shape new ones.

The continuation of our monthly regional 'formal' dinners has also been a sustained success, allowing the boys to share their home regions with the boarding house through quizzes and the highly regarded dress up theme. A special mention to the bogan theme, which saw many of the boys wearing their finest.

Wellbeing Wednesdays have returned this year through the behind-the-scenes work of Sam Davey, Cooper Ferme, and Jack Slattery, attracting many participants. Some of the activities on offer this year included, 3v3 basket-

ball and the newly introduced Wii golf tournament.

Under the guidance of Mr Pippett, the boarding house's commitment to service has provided multiple opportunities this year for the boys to give back to the community. Although the annual Push-up challenge has now been adopted by the wider school, some of the service opportunities this year included the Relay for Life – with the boarding house putting out a strong team – raising vital funds towards cancer research. As well as our ongoing relationship with the Salvation Army through their Winter fashion parade and Red Shield appeal. An admirable effort from all those involved in these and other activities, with a select few who have dedicated extensive amounts of time to service initiatives, being awarded the Rush-ton singlet.

We also saw the addition of six new (and unique) residents to the community, the boarding house's very own chooks! Orchestrated by Eddie Lock, our chickens have helped build further levels of responsibility, reduction of the house's food wastage, and provide a calming inviting presence in the Old Red's Courtyard.

The focus of this year's prefect group was

clear from the start: to build on the strong boarding culture that previous leaders have worked tirelessly to cultivate. And after 4 years of boarding here at PAC, I can confidently say that this is something the boarding house should take great pride in.

It has been both an honour and a privilege to play a small part in the history of the college that has provided so much to myself and my family since beginning in 2022. I wish the upcoming leaders all the best, and to finish, I would like to share a section of a speech that was presented to the boys earlier this year during the ABSA boarding week, which I feel encapsulates the culture we continually strive for here at Princes boarding: "Whether you're from just down the road or from the other side of the world, we all find ourselves under the same roof, learning how to support each other, to respect our differences, and to celebrate what we have in common. So, as we go off, I want to encourage everyone – especially the new boys – to get involved, look out for each other, and make the most of every opportunity. Boarding isn't always easy, but it is always worth it. Let's keep lifting each other up, making memories, and showing what it means to be a Princes Man".



Angus and Mr Mercer at the Alice Springs Show.



Agricultural Tour

HENRY MURDOCH AND DEREK LIU
YEAR 11 BOARDERS

Henry- In May, a group of Year 11s and 12s went on the PAC Agriculture Tour. We had an opportunity to explore Longergong College near Horsham and Marcus Oldham College in Geelong, experiencing first hand the options they have for those of us looking to explore Agriculture further. On our way back to PAC we stopped at both the Vivian's farm near Kaniva and Johnson's farm near Tintinara where they kindly showed us some of their operations. Mr Johnson talked about how they bulk sell their pigs to Coles and are under contract to produce pigs. This was a great experience, we gained a lot of knowledge and how this can be passed on to the next generation of farmers.

Derek - As an international student, I had the chance to step out of city and school life

and into the real Australian countryside. This opened my eyes to just how big and important agriculture is here. As an international student, I've always known Australia as the land of beaches, kangaroos, and Tim Tams. But during this visit, I saw another side of the country - a land that truly grows its own future. Fields stretched to the horizon, and giant tractors looked like something out of a movie. It was a reminder that agriculture isn't just part of Australia - it is Australia in many ways.

Of course, getting there was its own adventure. Hours on the bus made me feel like I was slowly becoming part of the seat, but the moment we arrived, the fresh air and wide-open landscapes were worth it. I felt like I'd touched a deeper part of this country. Looking back, this trip wasn't just a long ride through the countryside. It was a journey into the heart of Australia, and one that made me feel just a bit more at home here.



Wool masterclass at Longerenong College. Great to see the resident feline 'helping' teach the boys.



Exhibition and Sustainability meet in Boarding

Boys drying the chooks after a wash in preparation for the Adelaide Show.

EDDIE LOCK
VICE-CAPTAIN OF BOARDING

Anyone who knows me knows that my hobby and passion is breeding and exhibiting pure breed poultry and fancy pigeons. I have exhibited my birds across a various number of specialist clubs, country shows, and state organisations with the biggest show in the calendar being the Royal Adelaide Show. When I first started in boarding at PAC back in 2022, I always thought to myself that some chooks would be great here to make it feel more at home and to bring something to our boarding house which so many of our boarders can relate to. This year, it became a reality. With the idea to improve sustainability in the boarding house with the help of the chickens as they ate food waste and produced eggs for the boys to eat, we applied for the Neil Smart environmental grant which focused on providing money to a part of the school which was looking to provide more sustainability. We managed to get the grant and with that, we designed and ordered our shed from Royal Bird, a company that specialises in building sheds for exhibition poultry.

During the summer holiday period, I sourced six chickens from across South East SA from reputable breeders to form our boarding flock. With the shed and the chickens, our boarding house has six new residents which have been providing eggs,



Eddie monitoring the birds on a Sunday morning.

limiting our food waste, and providing some comfort for our boarders. With my love for showing poultry, throughout the year I have been sharing my knowledge with some boys about how the hobby works as well as running a masterclass on how to wash a chook. This year our six chickens which include two White Leghorn Bantams, Two Standard Rhode Island Reds, and two Gold Sebright Bantams headed to the Royal Adelaide Show to battle it off against other schools for the champion ribbon of the Champion School Poultry Exhibit of Show. Our boarders have spent weeks getting our birds ready. In our first year of showing we secured a 3rd place, a 2nd place, and a 1st place ribbon for three of our chooks. The 1st place chicken, 'Six Piece', was also crowned Reserve Champion in the School Poultry category. A great first year's achievement.

Robe Boarders Parents Weekend

MRS EMILY DAVIDSON
BOARDING PARENT

This weekend to me represents the opportunity to interact with the leaders and the school that is moulding our boys' future as well as a wonderful chance to meet parents that we often hear about, but don't often don't get to see.

I enthusiastically volunteered our name for this weekend and suggested the lovely town of Robe, 4 hours South East of Adelaide. Robe is renowned for its beautiful beaches, long summer holidays and all the social activities that go along with having a fabulous time.

Parents began arriving mid-afternoon Friday to settle into their accommodation and relax. The evening began the beautiful greens of the Robe Bowling club, producing picturesque views of Guichen Bay. We mingled over refreshments and delicious pizza from Olives, whilst barefoot bowls helped to get the weekend off to a great start.

Saturday had a jam packed day planned, starting bright and early. Those that were encompassing the relaxation portion of the weekend enjoyed Pilates on the grass at Front Beach with our local Studio Three owner Emillie Gould. We then split into groups to explore the local surrounds and businesses through the day. Speed boat trips with Limestone Coast Boat Tours was very invigorating! Transmutation gave us a mind-blowing look into the future of recycling plastics that was both informative and thought provoking. Sky Seafoods is one of the iconic businesses of Robe, that

captivated the groups with enormous crayfish and stories of the ocean; some taking the opportunity to purchase from their delicious selection. The nationally-renowned Mike's Beef Jerkey, is a forward thinking business creating a flavour sensation utilising 100% premium Australian Beef. With a wealth of information crammed into our heads, it was time to refuel at the majestic Golf Club. Lunch was provided by the Robe Fish and Chips in their trusty kebab van, where everyone feasted on delicious tapas food after a long morning. Parents then joined in to show off their golfing skills on the 19th hole, with a putting competition.

After some questionable sporting skills, rest was required for the group, although some jumped at the chance to take to the streets for shopping at the local boutiques. The finale to this amazing weekend was dinner and our annual boarders auction at the trendy beachside café Drift. A very successful evening and many thanks to the generous people that donated for the auctions.

A big thankyou to Meg Nolan for her amazing organisational skills, particularly with the auction. Her creative ideas and beautiful decorations for each evening really made the weekend a success.

I'm so happy the weekend was so successful, and feel that in some small way I was able to give back to PAC for helping to grow our boys into the promising young men that they are today. How incredibly lucky we are to interact socially with such amazing, strong families, and I hope that these friendships will last a lifetime.



Some of our parents enjoying themselves in beautiful Robe.



Great New Inclusions

HENRY DREW
YEAR 11 BOARDER

During the summer holidays last year, the front courtyard received some new additions. A new half-court basketball court was installed, and it is quickly becoming a popular spot for boys to gather and play 2v2 or 3v3 games which are perfect for keeping the games fast paced and engaging. Last term on a Wednesday night, a tournament was held that included boys forming teams by selecting 3 players per team. This tournament was a great way to showcase

their skills, build friendship and demonstrate teamwork. This event gained a lot of attention with many spectators including staff and other boys. In addition to the basketball court, four golf nets were also added behind the court. These nets have offered a new sport for boys to practice their swings and improve their techniques, and receive 1 on 1 coaching held on a Friday night with a professional coach. Interest in golf has grown with more people signing up to the golf coaching and regularly using the golf nets. A day doesn't go by when these great new inclusions don't get used!



Boys enjoying some basketball and golf in the 'backyard'.

The Outback Club

JAMES REYNOLDS
YEAR 7 BOARDER

Going up at Upalinna Station in the Flinders Ranges I used to go to School of the Air before coming to boarding in PAC, this this certainly a big change for me. It was hard for me to go from online schooling in a school with only about 40 kids to a face-to-face school that has approximately 1100 kids! It is good however,

that there are other kids from the Outback who share common experiences with moving into boarding and face-to-face schooling. This year were 5 of us that started from Outback SA. They are someone who can show sympathy and empathise when you are struggling or in need of someone to talk to because they know what we going through.

One of my favourite things about PAC so far would have to be technology lessons and the equipment that is accessible during them. Soldering and metal works have been great as well as the CO2 dragster I am currently working on.



'The Outback Club', the junior boys from the SA outback.



Celebrating the regions

Will T, Will J, Saxon and Oscar looking cozy at the EP formal dinner.

SAXON LARWOOD
YEAR 11 BOARDER

The regional dinners are a tradition we have in the boarding house. They occur each month to celebrate all the great region where our fellow boarders are from (like my home dinner for the Eyre Peninsula earlier this term). The boys from the area hosting get to pick the menu and choose a dress up theme. There is the added bonus of getting called up to eat first too!

The boys hosting the night make a quiz with a combination of general knowledge and area specific questions. The quiz is hard-fought with bragging rights and a special supper on offer for the winners. The dinners are good because they bring everyone together, there is always a buzz about with special food, fun costumes, and the quiz. There's always plenty of laughs and smiles too. It also is something different to our regular routine and that gives it more excitement to do something different every now and then.



Prince Alfred College Golf Umbrella

Stay dry with our PAC golf umbrellas, now in stock at the College Shop!

Available now for pick up from the College Shop or Piper Pavilion Cafe.



The team at Hurstpierpoint College.

Wait... no run

**GEORGE BUTLER AND JOBE STEVENS
YEAR 11 BOARDERS**

At the end of Term 2, five boarders travelled to the UK as part of PAC's cricket tour. After a whole day flying, we arrived at London before travelling to Brighton. Everyone was exhausted, but ready for the tour to begin.

On our first day we visited the Keeley Cricket bat factory, with most boys buying new bats and learning how they are made. We also had facetimes with international cricket royalty Rashid Khan and Chris Gayle, making it a highlight of the tour. Following this, we had our first game against Brighton College. Our boys fought really hard,

making for an exciting last over to draw the game. What followed was an intense couple of weeks, where we played 8 games in total including our first win against Hurstpierpoint and our only loss against the London-based Forest School. Outside of playing cricket, we visited Lords, Big Ben, Oxford University, Buckingham Palace, and Windsor Castle.

Overall, this trip was an amazing experience and will be remembered forever. Well done to all the boys who took part, and particular acknowledgement of the following boys who scored half-centuries Jobe Stevens, Colby Marr, and Henry Fogden (2). And extra special mention to Harry Bowman with an impressive 5-wicket haul against Brighton.



Master crafts at the Keeley bat factory.

Year 10 Snow Trip

**HARVEY KOCH AND HUDSON WARD
YEAR 10 BOARDERS**

This year we were lucky enough to go on the Year 10 ski trip to Perisher in the first week of the July school holidays. Arriving at the airport for an early 4:00am start, the boys checked their luggage with some very weary faces. We said our goodbyes with a couple of photos, all before a long day ahead of us. With lots of anticipation and kilometres to come, we arrived in Canberra just before lunch. A short stop in Jindabyne for a feed and a quick look around saw us back on the bus to the Sponar's Chalet. The anticipation grew, especially for many of the boys seeing snow for the first time. The afternoon involved snowball fights and many games of pool before some tea (which was akin to boarding house standards, eg very good!)

Up early for eggs, bacon, and a brief chat the next morning, we headed up the mountain

to meet the instructors ready for our first session before an action-packed day as we familiarised ourselves with skiing and snowboarding. For the remainder of the week, this pattern continued, up early, ski/board all day! With eagerness and growing confidence, the boys propelling their progress significantly. Despite plenty of reminders that jumping was off-limits, the boys showed great persistence... by taking every chance to become airborne. The wild weather (including lots of snow) didn't stop us from enjoying plenty more skiing, including the night ski which was just as cold as it sounds.

With the trip coming to an end, sooner than many hoped the boys challenged themselves on some difficult slopes and soaked up the exhilarating feeling of skiing. After a few more photos, we returned our gear and were off to the chalet, before the long trek back to Adelaide.



Boys overlooking the beautiful alpine landscape.

Unsung housekeeping heroes

**MR TIM QUINN
SENIOR BOARDING ASSISTANT**

Where would we be without our wonderful Housekeeping team? That is a question we all need to ponder sometimes. Think of your own household, do you have one or more teenage boys? Now think of the mess on the kitchen sink, the rough and tumble, the clothes, the grass stains, the messy rooms. We have over 150; now you get the picture!

Cleaning the house and making sure that our still (relatively) new building maintains the

high standards of presentation that we have come to expect and sometimes take for granted, our housekeeping team does it all. Then, there is the washing... Not only is it washed, but ironed, folded, and placed in nice piles for each-and-every boy. In some other boarding houses, students wash their own clothes. It is not lost on our boys, the amount of effort that goes into this. Our boys are all grateful and thankful for all the cleaning, the washing, and everything else that occurs to keep our house running smoothly. A big thanks to all the team for all you do for us.



Our fantastic housekeeping team.



The crew standing in front of the Edinburgh Castle.

Getting 'Lit' in the UK

SAM MATHESON
YEAR 9 BOARDER

In April, I along with Year 12 boarders Eddie Lock and Noah Oswald and Mr Mercer, went to England and Scotland for two weeks on the Literature Tour. The first couple of days that we had stayed in London was very interesting, going to many museums, tours and plays including the Charles Dickens Museum, Shakespeare Globe Theatre, Back to the Future play, Macbeth, Jack the Ripper tour and a visit to the Tower of London.

As we left London, we got to experience the awesome Harry Potter Studios before setting off for Stratford where we stayed for a few

nights and got to experience Shakespeare's history and workshop. We then left for Oxford where we got to see the universities, history of the city, and met a PAC old scholar who had been studying there.

We then headed to Haworth and Dove cottage where we learnt about the authors William Wordsworth and Charlotte Brontë. Then we headed further north to Edinburgh in Scotland for the last days of our trip. In Edinburgh we got to have self-guided tour of the city and going into the Writers' Museum, Edinburgh Museum and the Edinburgh Castle. The tour was very fun, and am very appreciative to have participated and experienced all of the great things. In a heartbeat, I would do it again!

Supporting Our Boys' Mental Health: A Whole-School Commitment

MR PETE GIFFARD
COLLEGE COUNSELLOR

Adolescence is a time of immense growth and change. Navigating the ages of 12 – 19 years for our boys and their families can be complex. In the Boarding House, we recognise that each boy's mental health and wellbeing is foundational to his ability to thrive—not just academically, but socially and emotionally.

Of concern, recent studies show that 61% of boys in Australia experience symptoms of depression or anxiety during adolescence, and 16% of boys aged 12–17 have a diagnosed mental disorder. These figures highlight the importance for ongoing proactive, and compassionate support systems within Prince Alfred College.

Our Boarders come from rural and remote areas, as well as from around the globe. Our international students join our boarding family by welcoming a new culture, new friends, new food, and an entirely different school environment, which is no small feat.

These changes are similar to that experience by our rural and remote boarders, and that change can be disorienting. Our Boarding House staff are wonderful pastoral care practitioners who provide support to boys throughout each term.

The 'Our' philosophy is simple yet powerful: wellbeing means "feeling good and functioning well"—at school, at home, and in the wider community. To support this, our Wellbeing Team provides a safe, confidential, and accessible space for boys in Years 7–12 to seek help, build resilience, and develop lifelong skills for emotional regulation and self-awareness.

Wellbeing Program at PAC is guided by priorities including:

Improving mental health and wellbeing literacy



Pete and Bunji, our resident mental health specialists.

Increasing our boy's help-seeking

Increasing positive peer interaction and support, including through our Boarding House weekly activities

Reducing stigma around engaging with mental health supports and trusted adults

As part of our holistic Wellbeing approach in the Boarding House our boys also receive regular visits from our Therapy Dog 'Bunji' who enjoys waking the sleepy boys up on Thursday mornings and receiving a 'scratch and pat' from the boys as they head off to school.

Bunji is also available to students as a gentle, non-judgmental companion during sessions in the day school or tutor group drop-ins, or Monday nights when we are in the Boarding House.

At PAC, wellbeing is not an add-on—it's embedded in our culture. By prioritising mental health, we empower our students to grow into confident, compassionate, and resilient young men.



Our nurses Pauline, Anna, and Mark outside the Health Centre.

The vital role of school nurses

MR MARK MANNO
SCHOOL NURSE

In the unique environment of boarding schools, where students live and learn away from home, the presence of a dedicated school nurse is not just beneficial - it's essential. At PAC, our school nurses play a pivotal role in safeguarding the health and wellbeing of students.

Contrary to the common misconception that school nurses simply hand out band-aids and paracetamol, their responsibilities are vast and complex. Our school nurses are qualified, registered health professionals who manage a wide range of health issues - from chronic conditions like anaphylaxis, asthma, diabetes, and epilepsy, to acute injuries such as fractures and concussions. They also provide: emergency care for injuries and illnesses, medication management for boarders on regular prescriptions, health assessments and monitoring, mental health support and referrals, health education and promotion.

For many students, especially boarders, the school Health Centre becomes a "safe place." Our nurses build trusting relationships with students, offering not only medical care but emotional support.

School nurses don't just care for students - they're also available to staff and visitors, liaising with parents, teachers, school counsellors, and external health professionals to ensure comprehensive care. For PAC boarders, they often coordinate with the school doctor, Dr Manning, and manage health logistics such as immunisations and medical appointments.

School nurses serve as a critical link between the health and education sectors. They help inform individual education plans for students with complex health needs and advocate for inclusive practices. Their insight into both systems allows them to support students holistically. Our nurses are not only equipped to handle medical emergencies but also to support your son's overall development. Their presence ensures that students are cared for, understood, and empowered to thrive - both in and out of the classroom.



Frank and Mitchell before they hit the catwalk.

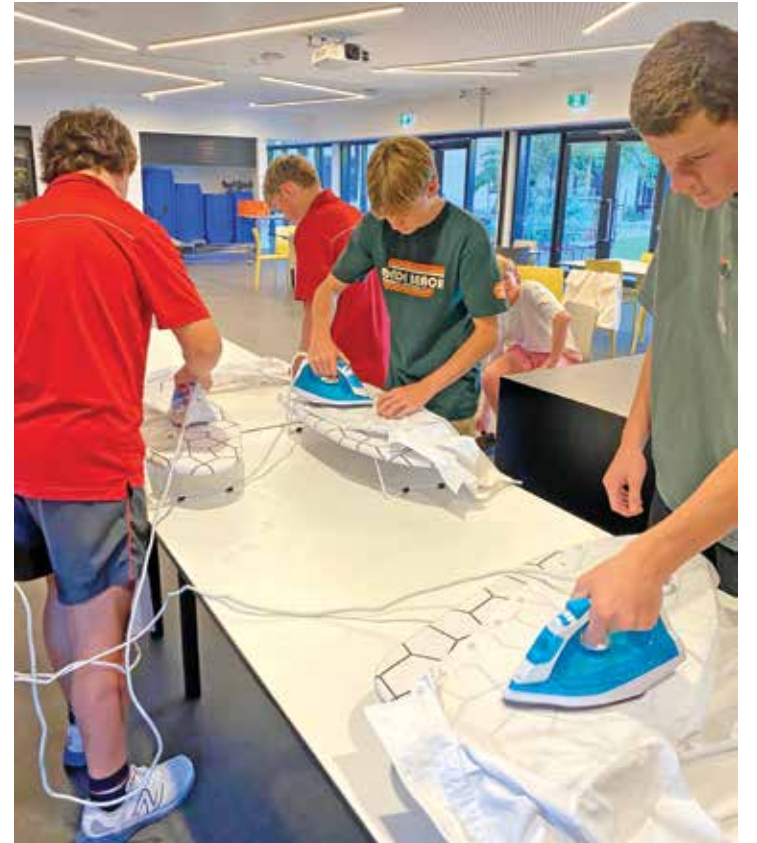
Striking a pose for a great cause

WILL DANIEL
YEAR 11 BOARDER

On August 12th, five Year 11 boarders made their way down The Parade to volunteer at the Norwood Salvo's Fashion Fundraiser. The event was a fun, yet very meaningful night to raise funds for the Salvation Army. The boys helped with various roles to help the evening run smoothly. Boys served warm soup to guests as they arrived, offering a friendly welcome, others took part in the fashion show, modelling outfits on the runway and bringing great energy to the room and having fun along the way. And I was the evening's MC announcing the different outfits that the boys had chosen. It was a very fun night with lots of laughs for the boys and the guests who attended the event.



Junior boys cooking together.



Boys practicing their ironing skills.

Life Skills Program

MR DYLAN PIPPETT
SENIOR RESIDENTIAL ASSISTANT

Our Life Skills Program provides boarders with practical experiences to prepare them to live away from home, and out of boarding. The program places particular emphasis on devel-

oping positive habits, ranging from helping our boys practice gratefulness and managing their screen times, to learning how to tie their ties, iron their shirts, and present themselves professionally. These experiences go beyond building practical skills, they help to build a sense of self-reliance and provide some won-

derful opportunities for our boys to engage in meaningful experiences together. By engaging in these routines every Wednesday night, within a supportive environment, our boys not only gain confidence in managing daily life but also strengthen the foundations needed to flourish when living away from home.



George and Will happily supporting the Red Shield Appeal.

Red Shield Appeal

WILL TRENGOVE
YEAR 11 BOARDER

Groups of year 11 and 12 boarders set out to receive donations for the Salvation Army for their Red Shield Appeal. The Red Shield Appeal helps bring hope to people that are facing hardship. The Salvation Army provides a variety of supports through community programs and support services to over one million Australians each year. As groups boarders set out to assist at a donation station based down The Parade in front of Coles. We kindly asked the public for donations meeting and greeting a variety of people. People were out and about down The Parade on a nice sunny day, where they generously donated to the Salvation Army's wonderful cause.



Team walking the track during the opening ceremony.

MRS KATRINA DAVIES
BOARDING ASSISTANT

The 2025 Relay For Life event was held at Immanuel College on Saturday, 3 May, with 24 boarders and 5 staff participating over the 24-hour event.

This event raises vital funds for Cancer Council's research, prevention and essential support services. Australia held its first event in rural Victoria in 1999, and Prince

Alfred College has entered a team each year for over 20 years. A past PAC staff member & parent, Mr John Clements was pivotal in the College's involvement and is still a strong participant. It was wonderful to spend time with John as we walked the track and listen to him share his own experiences with our boarders. Many stories were told amongst the 28-strong teams, and outstanding individual goals were achieved. The 2am hot soup offers were graciously accepted to keep our spirits high and

our legs moving!

The Candlelight Vigil is another deeply moving moment, and it is the only time teams come together to reflect on the many lives lost to cancer, but it is also a time to celebrate the lives saved. Spending time with our boarders who volunteer their time and one night's good sleep to raise funds for cancer research is truly inspiring, and it offers a valuable opportunity to teach them the importance of putting others before themselves.



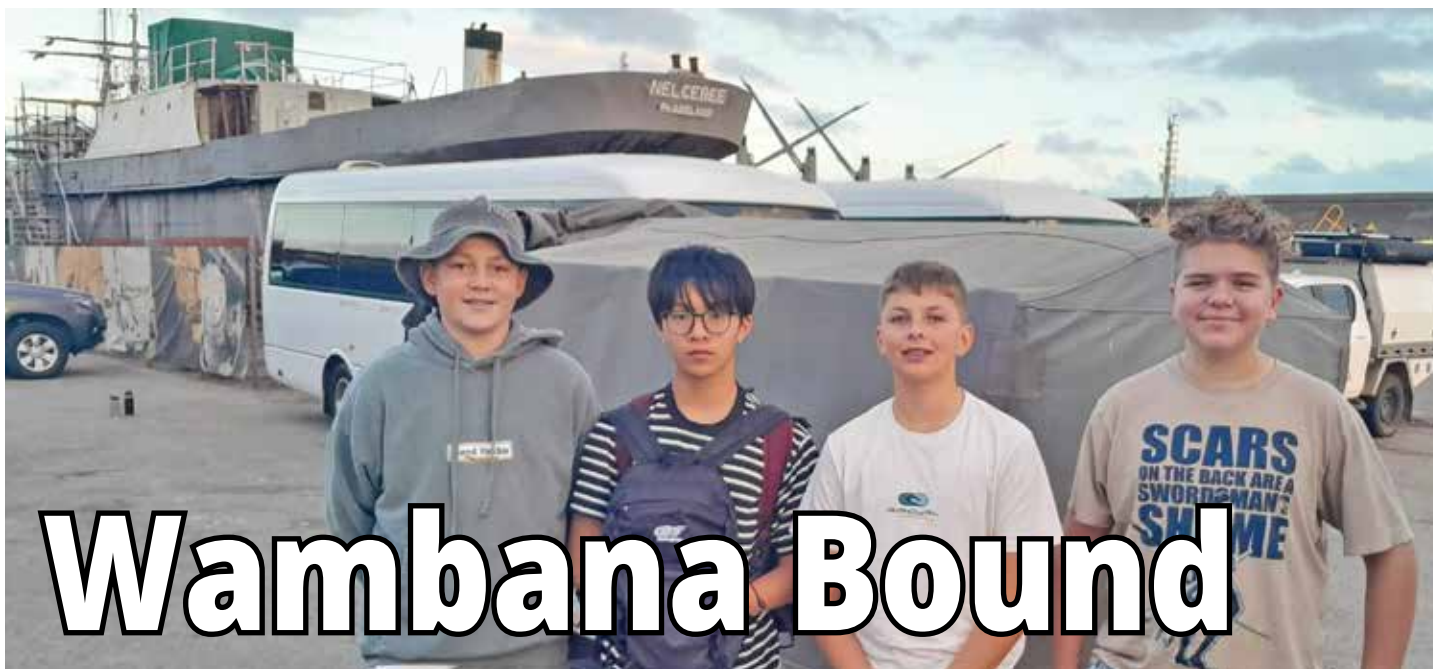
Eddie all kitted out before heading off to kayak.

Year 8 Camp at Scotts Creek

**EDISON GOGAN
YEAR 8 BOARDER**

Scott's Creek is a camp located deep near Morgan in the state's Riverland. We first took a bus and embarked on a long journey arriving at our first campsite. The instructors introduced themselves and we explored the campsite, and we learned how to build our tents. We had fun doing activities and played mafia around the campfire at night. We woke up and disassembled our tents and while I was getting out of my sleeping bag, I accidentally yanked my zipper too hard and ripped hole through my sleeping bag. Little did I know this would be the biggest tragedy of my camp trip. We got

up and packed our stuff into our kayaks before endeavouring on to the Murray. Along the way we faced obstacles, learned how to raft, and much more. When we got to our second campsite, we were relieved. After a long day of kayaking, we needed some rest so we unpacked our gear and made a campfire to roast marshmallows on. We played all sorts of games around the campfire. The next morning, we again packed our things into the kayaks. After a cold, sleepless night I was not feeling prepared for the day ahead. When we finally made it to the Scotts Creek campus I was so happy. We dragged and cleaned our kayaks and our tents, and we did all sorts of activities such as soccer, the Leap of Faith, the Dip. A great week away overall.



Wambana Bound

**EDDIE HANCOCK AND ASHER SIMMS
YEAR 9 BOARDERS**

Ned, Wesley, Asher, and Eddie all ready for Wambana.

On Sunday 23 February 4 boys from the Boarding House said goodbye to their parents at the dock in Port Adelaide ready to sail to Port Vincent on One and All and our five-week experience at Wambana. While on the boat, the 31 of us did different activities including: climbing the crow nest and learning how to tie different knots (just like real sailors)!

When we arrived, we set up the large tents and sorted out our equipment for the first week of cycling, where we average about 40km of riding per day. During this week we also cooked our meals with our partners on Trangiers and camped in the tents. For the next three weeks we moved to the Wardlis, we learnt important skills including cooking, cleaning, cooperation, and time management. During this time, we spent our time exploring the local area, doing community service, fitness activities, and places of significance like the Bublacowie War Museum.

In the last week of the program, we headed up to Melrose for the final test. We arrived at the Melrose campgrounds in preparation for our big hike, our rucksacks full to the brim with cookies and goodies. In this final week we had long hikes, and we did 24 hours solo where we camped solo for a night before trekking back to our base camp. This experience tested our resolve and put all the skills we had learnt in the lead up to the test. Wambana was a full-on and great experience from start to end.



The One and All sailing away from Port Adelaide.



Will working hard on the shovel at the Linde garden.

Gardening for sustainability

**WILL ANDRE
YEAR 10 BOARDER**

This year the boys from the sustainable group joined forces with the Linde Community Garden in Stepney, where we tend a plot and endeavour to grow fruit, veggies, and herbs for the community. On a Sunday we went down with Mr Pippett to the garden and met the coordinators. They showed us around and told us our section we could have. After we had some morning tea to fuel us up, we got to work! First, we cleared our garden bed we were given and prepped the soil for planting, then we planted it full of sweetcorn.

We then took on a task of clearing an old berry bush. As we were clearing and prepping the ground to have something else planted there, I learnt how little soil and space a berry bush can grow in. After a few hours of gardening, we were pretty exhausted and were ready to head back. Unfortunately, we haven't been able to spend much time or harvest at the garden as much as we would like because of a fruit fly outbreak in the area, but we look forward to when we can.



Finley gives some advice to younger brother Max.

Cooking up a storm

**FINLEY TURNER
YEAR 11 BOARDER**

Every couple of weeks, a group of boarders will meet in Max Wellington for one of Mrs. Toh's cooking classes, where we will cook or bake a variety of delicious dishes, from choc chip cookies to fried rice. Upon arriving, those attending will put on an apron, get a recipe, gather ingredients, and then begin cooking. After our delicacies are prepared and we have finished cleaning up,

we can take and eat our food (either immediately or later) or give our dishes away as gifts. One aspect of the cooking classes that makes them particularly enjoyable is cooking with friends and working together to create a meal. These interactions make the experience of cooking even more enjoyable and are a great way to connect with friends or make new ones. Simultaneously, the activity is a great way to develop valuable cooking skills, which can be applied throughout everyday life.

Fire, Ready, Aim

**RAMON TRIAS
YEAR 10 BOARDER**

On the 5th of April, a group of around 30 Year 10-12 boys went to Delta Force Paintball in Monarto, all keen to get into action and start shooting our mates. When we got there, we were instantly equipped with masks, hoppers, guns and a set of full-body overalls to somewhat protect us from the pain which was to come very shortly. Once our time had come, we were given very careful instructions before entering the first battleground "London After the Apocalypse", as well as "Black Hawk Down" and "Tomb Raider".

A feature I really liked, was that whoever didn't pay attention to instructions or broke rules was forced to wear a bright orange bib with a target sign right in the middle - making them an easy target. As the game started, no one was prepared for the continuous sting of



Nothing like the practice range before battle.

every hit, the sweat and heat of the overalls, and fogging of our goggles - which made it almost impossible to see, with many draining the money from their bank accounts to get an extra 200 balls + additional gloves.

Overall, it was a great experience (in exception of the bruises), especially to do it with such a big group of boys.



We're going to the footy

The fellas getting ready for excitement at Adelaide Oval.

**SAM DAVEY
YEAR 12 BOARDER**

Being a passionate Adelaide Crows supporter, I really enjoy taking the up the opportunities to go and watch them when I can. This is made a lot easier at the boarding house, where we have an opportunity to attend nearly every AFL game, regardless of whether boys are off to support the might of the Crom or any of the other less-regarded teams. The boys are always keen to get out, support, or just enjoy the

footy at Adelaide Oval. We all travel together by bus to get to the game which is always a bit of fun. At the game it is always great to just sit with your mates and watch and talk about the game. Sitting near the top of the grandstand gives us the chance to admire the electric atmosphere at Adelaide Oval, which I still love every time I go there. Being in Year 12 it also gives you a good responsibility to look out for the younger boys at the game and catch up with boys from other year levels. Overall, it's about fun, freedom, and mateship, and that's why I always look forward to going.



Year 11s enjoying a succulent Chinese meal.

Market to Market

**COLBY GEISTER
YEAR 11 BOARDER**

The market-to-market activity was one of the most enjoyable activities that I have been on since the start of my boarding life. With lots of cool markets and a delicious dinner at the Chinese BBQ City, it was something that I would recommend doing for anyone thinking

about it and an activity that I would do again. Experiencing the Chinese culture in the heart of Adelaide with my mates was very fun. My favourite thing about market to market was shopping in the Central Market and seeing all the different markets that were in there. We got to eat a lot of good food and experience China Town. Thanks a lot to Mrs Toh for putting up with all of us and taking on an experience that I will not forget



Gus proudly displaying his catch!

Hooked on West Lakes

GUS STUCHBERY
YEAR 7 BOARDER

In Term 1 we set off on a fishing adventure at West Lakes. There was a group of boys from the boarding house who were very excited and keen to catch some fish.

We loaded the bus up with fishing rods, tackle and bait, and headed off for a day full of fun. We got to West Lakes but first we had to rig up the rods before we could start fishing. So Ollie, our boarding fishing expert, gave us a demonstration on how to tie a hook and sinker

onto our fishing line before we casted our lines out into the water.

The pressure was on to see who could catch the first fish. We could see all the little and big fish swimming under the rocks. I was the first to catch a fish, and I was so excited because I had caught my first bream. The best part about it was having this opportunity to experience the fun activity and get to know other boys better in the boarding house.

It was very good of Ollie to take us fishing, and teach us fishing skills that will stay with us for life.

Hang-10 in Middleton

ALFIE SIMMS
YEAR 7 BOARDER

Surfing is awesome! We were up super early which meant not everyone was thrilled about, but we still went because, let's be honest, everyone loves surfing. The bus ride there was a lot of fun and for some of us it was the first time we had visited this part of South Australia.

We met other PAC boarders we hadn't talked to before and spent time getting to know them. Once we arrived, we suited up.

The wetsuits were seriously tight, but they kept us warm in the water, so I didn't mind as I struggled to put it on. The surfing itself was amazing! Riding the waves made me feel so free, and we even pulled off some cool tricks and stunts. Afterwards, we wriggled to get the wetsuits off (as usual), dressed, and headed to the famous bakery at Port Elliott.

The pies were unreal. We chilled near the beach for a bit before heading home as we enjoyed our pies and donuts together. A great day all around and we are all looking forward to our next Surfing activity.



Alfie kitted up and ready to go!



Intense racing by all!

And we're racing

WILL HOBBS
YEAR 12 BOARDER

Earlier this year, the Year 12 boarders took a break from the usual routine and hit the track at Mega Fast Karts Gepps Cross. Each year level had an opportunity to head out together for an activity for a bit of bonding, and we just lucked out for a high-octane go-karting experience. With adrenaline pumping and competitive spirits high the boys were split into two groups for two 25-minute ses-

sions, giving everyone plenty of time on the track. The racing was intense, with plenty of overtaking, close calls, and plenty of laughs.

After both groups had raced, it was James Arney who came out on top, clocking the fastest lap of the day and taking out first place overall. The afternoon was filled with friendly rivalry, cheering and great banter that reminded us why boarding is such a unique and special experience.

It was a fantastic opportunity to bond as a year group and make some awesome memories before the final stretch of the year.



Tom with a slice during his hard-fought match.

TOM NETTLE
YEAR 9 BOARDER

On Thursday, the 27th March our Drive One and Two tennis teams headed to Saint Peters College to take part in the 128th tennis Intercol. To start the day, we had a quick warm up and then got straight into the first round of the singles.

Our number 1,3,5,7, and 9 players, played well and fought hard and we only ended up losing one single overall. Having such a strong start meant we had the confidence to

go into the second round to lead 4-1. For the second round of singles our number 2,4,6,8 and 10 players also dominated only losing one singles match, now up 8 rubbers to 2 going into the final round of doubles.

Going into the doubles we had even more confidence as we only lost 2 games out of 10. We had an outstanding doubles results winning 4 to 1 which declared the final score, 12-3 matches, 24-11 in sets and 180-125 in games. It was a fun and memorable day, full of support for one another. Despite the hot weather, everyone played with great determination and fight. The streak continues!!

One for the ages

HENRY FOGDEN
YEAR 11 BOARDER

From 28-31 of March, the First XI cricket team headed to Saints to compete in the 149th cricket intercol; a highly anticipated game between two evenly poised teams.

Saints won the toss and elected to bat. PAC started well with 4 early wickets before a key partnership including a superb 77 by Saint's vice captain had them just 6 down at tea. A good session 3 meant we had bowled Saints out for a respectable 195 with captain Jesse Laving the pick of the bowlers take 3/35 off his 13 overs.

It was now time for PAC's batters to go to work, finish day 1 at 1/22. Day 2 started with 4 quick wickets for Saints, wiping through our top order with some great seam bowling, before bowling out PAC for a below par 119.

Trailing by 70 runs going into the 2nd innings we knew we needed a spark, coming in the form of Jesse Lang producing 2 wickets in the first over of the innings. Saints captain Felix Polasek scored an magnificent 100 to keep his side well on top of the contest. Fogden took 3 wickets to keep as in the game and we bowled Saints out for 195, setting us a tough 272 for victory on the final day.

The run chase did not start well, losing 2 early wickets. We didn't give up hope and stayed confident in the change rooms after lunch it turned into a batting master class from Blake Vause and Jamie Selvaniyagam both surpassing 40. Blake went past 50, and was well supported by Colby Mar before he was dismissed for 36. PAC, 4/197. Blake passed 100, finishing on 114 before being caught. The captain, Jesse, hit the winning runs to make it 5-straight for PAC in a hard fought and gruelling contest.



Henry celebrating a wicket.

A swim-pressive victory in Intercol

LEO BASCOMBE
YEAR 9 BOARDER

2025 swimming season started with a team of passionate, young, enthusiastic swimmers with a mix of new and experienced. Being part of this team as one of the new members I found myself nervous and excited leading up to intercol. The big day started with our team preparing ourselves to compete with good

sportsmanship against a lot of teams, including St Peters from down the road. About halfway through the competition, we were not sure what the outcome would be but as we continued to push ourselves, the relays at the end secured us a great victory. As I was the only boarder I wanted to represent the boarding community with pride. At the end of the day, our hard work paid off and we finished on a high note by securing the Intercol trophy again this year.



The triumphant swim team.



Rij and Tristan with the other badminton year 12s.

Shuttles and spirit

RIJAK DHINGRA
YEAR 12 BOARDER

The 2025 PAC badminton season can be described as a balance of athleticism, enthusiasm, and determination. Despite being one of our youngest teams yet, the players in red demonstrated remarkable endurance and unwavering commitment. Old scholar and badminton coordinator Kevin Khaw has been instrumental in instilling both fierce rivalry and gracious sportsmanship into the squad, and it certainly shows.

Amid the flurry of shuttles, smashes,

and hard-fought rallies, the team's spirit and intensity remained steadfast, embodying what PAC Badminton has come to represent. Although the final result was a 3-9 loss, a number alone cannot capture the sweat, pain, and passion poured into each point.

Every rally told its own story of perseverance and growth. Though boarders Tristan and I served as reserves, it was a privilege to watch and experience matches of such calibre, particularly from such a young side. With their passion and resilience, this team will undoubtedly return next year with renewed strength and determination.



Drought Broken

First VIII team celebrating after their drought-breaking win.

WILLIAM GARNETT YEAR 10 BOARDER

Head of the River is by far my favourite Intercol, but to all the rowers it's not just an Intercol but the biggest and best day of the year. This year was even better than last, seeing the 1st VIII win their Intercol, beating Saints and stopping them from getting their 10th win in a row. This boat included my brother Maximus Garnett in 5 seat, claiming the gold with the boys.

The 2nd VIII had boarders Lachie Davidson in 6 seat, and Ryan Bowyer in 5 seat, helping

to claim silver. In that same race, Noah Oswald and I got to be a part of the first ever PAC 3rd VIII to row at Head of the River and we also got the win beating Saints, being seats 4 and 5 respectively.

There was also the 1st IV starring Angus Hall in Bow and Ollie Dennis in 3 seat, getting an amazing 5th place. The Inters cohort had a clean sweep, with Tom Nolan coxing the year 9/10 B crew, Me being 3 seat of the year 9/10 D crew, and Owen Hislop and Gus Glover in the year 9/10 F crew, being Bow and 2 seat respectively.

The Juniors had a day of mixed success, with Campbell Brown in 2 seat of the year 8/9

C crew winning, but later being sadly disqualified, and Sam Matheson in 2 seat of the year 8/9 D crew getting bronze. Overall, Head of the

River was a very successful day for PAC, both in victories on the water and personal victories won along the season.

So close in the Water Polo

Two very strong Water Polo teams took to the pool in this year's intercol match. With confidence high, PAC got out to an early lead 4-1 at quarter time.

In one of the most physical games seen in a long time, both team trade goals in

the second quarter, PAC leading 6-3 at half time. Saints upped the pressure and levelled the scores with only minutes to go in the match. Then suddenly, Saints scored a late goal managing to hang on to claim a gutsy 10-9 victory.

Sailing Success

JAMES YANG YEAR 10 BOARDER

As the skipper of Team A, ever since I joined this summer sport, I've been deeply grateful to every member of our school's sailing team, including our sailing coach, Mr. Scobie, and everyone involved in running and competing with us.

I joined the sailing club in Term 3 of Year 8, the beginning of my ongoing journey. I was very naive, both in my supporting role and my judgment on the course.

However, my teammates never gave up on me, and our coach provided diligent guidance day after day. This sportsmanship, which values both individual achievement and teamwork, deeply moved me, and I decided to pursue my goal and contribute to Intercol.

A year later, after becoming a skipper, I was honored to be elected as one of the captains of Team A. Despite facing strong competition, every member of our team worked hard to secure first place winning 13-9 against Saints.



PAC's boats ready for action.

Seeing our teammates' drive and unyielding spirit, I'm confident that our future PAC sailing team will be a bright future.

Dig, set, spike

AIDAN WITENDEN YEAR 11 BOARDER

Volleyball continues to develop more each year, with growth, and the evolution of the program continuing to accelerate. This season brought major challenges, with sickness and injuries affecting the team. Through hours of hard work and refining our skills, we managed to achieve a high standard of play, building on our improvements over the past few years.

The team worked hard in a hard-fought contest, unfortunately going down to Saints three sets to none. Despite the 1st team's loss in the Intercol, I believe that volleyball's development is exceeding that of Saints, and I look forward to seeing matches in the future as both the program, and its players continue to evolve.

A testament to this is us taking a set off them for the very first time in a recent match. With this in mind, next year, we are coming!

RIGHT: Aidan setting the ball, ready for attack!





Ben ready to give off.

VICTORY IS OURS

BEN BARNARD
YEAR 12 BOARDER

The 2025 PAC First XVIII Football campaign was once again a very successful one. With the success of last year looming over the team, everyone was eager to go undefeated again and claim back-to-back premiers. Finishing the home and away season on top of the ladder, we won all but one match, unfortunately going down to St Michaels. This secured us a spot in the grand final with PAC set to face Sacred Heart for the second year in a row at Karen Rolton Oval on a Friday Night under lights.

After a long-fought match in a fiery atmosphere we came away victorious and it was an

amazing night to be a part of with many of my good friends. After playing a terrific opposition in Sacred Heart, it was important to not be overconfident going into intercol, we knew it was always going to be fast paced and highly competitive.

The team had an amazing start to the game giving us a 5-goal buffer going into quarter time, and we were able to hold this lead for the rest of the game coming away victorious by 33 points against our friends down the road. I'll leave you with a message from our coach David Oatey - "You are the man in the arena," it is up to you to entertain, to dictate how your story goes not anybody else. Thankfully, on that Saturday, the story went our way.

Going out on top

ANGUS RUDDENKLAU
YEAR 12 BOARDER

On a beautiful Thursday afternoon in August, three of the Princes' boarders suited up in their rugby gear for one last battle, the all important Intercol match. During the first half it was a tight close game, ending with a tied score of 12 all.

However, during the second half the boys

really took off. Lachie Davidson had a tremendous run done the middle of the ground pushing away any Saints' boys who dared tried to stop him. Will Hobbs scored perhaps one the most spectacular tries I've ever seen, smashing past and through not 1, not 2, but 8 boys in blue!

All up the First XV put up a great fight and ran away with a solid win against the boys from down the road, finish the game 29-17. A great way to go out, on top!



Angus pushing his way through the pack.



Down in a classic

Jack at full stretch.

NOVAK DUKA
YEAR 10 BOARDER

PAC took on Saints at our home pitch with the hopes of winning intercol this year. Throughout the season, there were been some close games between us, and after a 3-3 draw last year, both teams felt like it was their game to win. Saints scored an early goal in the first quarter, but PAC managed to get a short corner and Jack Sharman was able to score the equaliser. Both teams were going back and forth, non-stop, trying to get

that goal, but no one could convert for the remainder of the first half. Going into the second, PAC had earned a stroke and Jack Sharman scored again to put PAC in the lead. Unfortunately, Saints quickly equalised to make it 2-2. With the home-ground advantage, and the crowd behind us, we did all we could to break the deadlock. It wasn't meant to be, with Saints scoring a third, and what was to be the final and decisive goal of the game. In the desperation to score, we pulled our keeper to have an extra man, but Saints held on for a 3-2 win in a classic.



A rising red paddle

Rij looking determined during a rally.

RIJAK DHINGRA YEAR 12 BOARDER

This year's table tennis season was one of change: new coach, new players, and a renewed passion. Under the guidance of coach Chae Ebero and dedication of both teachers and players, the team enjoyed many successes throughout the season. Most notably, PAC claimed victory in the SAAS Middle School A's

competition.

At Intercol, led by Rishab and "the prodigy" Patrick in positions 1 and 2, we witnessed countless close matches and breathtaking rallies, with several extending to five sets. It was one of our biggest spectacles yet. Despite the final result of 2-18, the consensus was that the scoreline did not reflect the quality or closeness of the games.

In my own doubles match, for instance, we fought to the fifth set and were down 8-10

when a ball clipped the net and rolled over and costing us the match by the slimmest of margins. Stories like these were repeated across the day: every serve, every shot, every point contested fiercely.

In the end, players from both schools came together to share food and camaraderie, an enduring reminder of the spirit of Intercol. With many young players full of passion, we are confident that next year's team will be stronger than ever.

Another year of squash dominance

TRISTAN WONG YEAR 12 BOARDER

This year's Squash Intercollegiate fixture against St Peters College showcased our determination and relentless effort. Before intercol, our division one squash team had a fantastic run, with both of our teams ranking 1 & 2 on the ladder, and fighting for the place in the final. Our squash team remained strong throughout the season, and we were confident going in, fighting for the most important match all year.

We started the evening strong, with

Chewa Maurici beating his opponent 3-1. Although Zac Grice was unfortunately defeated by 3-1 after a tight battle, both Kanishk Doddam-Reddy and I dominated the court, both winning our games by 3-0, and securing a 3-1 PAC victory. Our reserve player, Connor Health also won 3-0. We are delighted to have retained the third consecutive trophy and extended our 100%-win rate since the beginning of the official squash intercol. With myself, Chewa and Connor all finishing school this year, we are confident that the team can find replacements for all the positions and continue the win streak next season.



Tristan on the court during his match.

We're back!

HENRY PEDLER YEAR 11 BOARDER

After last year's heartbreaking loss, our teams came ready to play in this year's Basketball Intercol. After two exciting games from the C and B teams, the crowd was set for the First V. From the start, the match was back and forth, with both sides trading baskets. Kale Hampton-Matthews and Bryce Sanders led the scoring, while Captain Sam Commons brought great energy. On defence, Henry Pedler and James Matthias worked hard to keep the game close.

In the final seconds of the fourth, Saints hit a clutch corner three to take the lead. With only 10 seconds left, Kale was fouled on a three-point shot and held his nerve to sink two free throws, sending the game to overtime. In extra time, PAC pulled away, sealing a famous win in what many called the most thrilling game of the Winter Intercol this year. Final score 65-57... Go Reds!



The winning team in front of passionate supporters.

Soccer Intercol doesn't disappoint

EDDIE CALLAGHAN YEAR 11 BOARDER

The much-anticipated intercollegiate soccer clash between PAC and Saints began in a rather cagey fashion, with both defences standing firm against the fast-paced, end-to-end football being played.

Unfortunately for the Reds, it was Saints who struck first, opening the scoring from the Piper Pavilion end. PAC responded with newfound intensity, launching dynamic runs into the box from all angles. Their persistence paid off when Matt Nelson delivered a pinpoint free kick into the path of Leroy Rossi, who timed his run perfectly and slotted it home to level the scores.

With the match tied going into the break, the stage was set for a thrilling second half — and it didn't disappoint. The energy from all supporters echoed across the pitch. Saints regained the lead with a contentious penalty, leaving PAC questioning the call. Despite fighting hard to claw their way back into the contest, the Reds were caught on the counter, allowing Saints to slot home a third and seal the win with a 3-1 final score. A tough result, but a spirited display from PAC in another classic intercol battle.

Arguing the point

Although the Debating intercol takes place in blazers and full school uniform, there is nothing easy about this battle. The intensity of thought, clarity of mind needed, and passion exhibited; it is sure to give the sweats and make competitors hot under the collar.

This year's topic "That International sporting bodies (FIFA, IOC, UEFA, and World Athletics) should be governed by intergovernmental organisations".

PAC argued with vigour and were clearly dominated the evening, applying research and logic, as well as thoughtful rebuttals against anything Saint could throw our way. As a result, PAC came away with the win in a split decision, 2-1 victory.

16 and counting

With a high level of anticipation in the air to keep the 16-year winning streak alive. The PAC boys looked in control from the start in this year Chess intercol match in the Piper Pavillion. PAC took the first points of the night, and continued to show dominance that has come to be emblematic of PAC and its amazing intercol streak.

After some hard fought close matches, decisive and clutch points, PAC came away with another win, 7 boards to 3. 16 and counting!

Did you know?

The annual cricket Intercol match is the longest running annual cricket match in the history of cricket



World Championship Max

MAXIMUS GARNETT
VICE-CAPTAIN OF BOARDING

My life had never had so many bumps in the road would be the best way to represent my schooling this year. After a successful start to the rowing season in Year 11, I was focused heading into Term 1 knowing it would be hard to balance both academics with rowing training. Winning in the first weekend of Term 1, and then going to the NSW state championships in Sydney to race a pair against the top U19 athletes in the country, you could say things were going well. Until 3 days later I lay in hospital after having an inflamed appendix removed. This left me with 4 weeks to recover from keyhole surgery and being fit enough for Head of the River, my last in the Red and White.

Breaking the drought, we were able win, I thought I would now be able to focus on Year 12 for the next 7 months. But then, I found myself trialling for the U19 Australian team. After being selected I had to move to Sydney to train with the crew. After working with the college

to find an acceptable amount of school time to miss and how I would manage my academics, I was off to Sydney. Though Term two I spent majority of the time training in Sydney. The program was intense, training both more times a week and for longer than at school, over twice the amount I had done in the previous two seasons. 11 sessions a week included 3x gym, 2x ergometer, 6x on water. I also spent the entire July school holidays in Sydney training.

Before competing in the World Championships in Trakai, Lithuania, we did a 2-week staging camp at the Australian Institute of Sports European Training Centre (ETC) in Gavirate, Italy. ETC was amazing, it's an athlete paradise! The building has, 3 levels, 30 hotel style rooms, offices/conference rooms, physio spaces, cardio room, recovery pools, a gym, snack bar, laundry, games room and dining hall. Everything any athlete needs. The sheds were located at the Gavirate Rowing Club, on the lake about 500m from the ETC.

Then we were off to Lithuania. We spent 3 days training before the World Champs in



Max and his crew training in Italy, the beautiful alps in the background.

Trakai. The course located on a natural lake made for some pretty difficult conditions that were everchanging (literally in the space of 5 strokes), from raging crosswinds, to dead still water.

Due to the changes in world rowing's progression system, the heats become more important as they had removed repechages, meaning if you stuff the heat up, you're elimi-

nated. Thankfully, we won the heat 1 of 3, then came 2nd in the semi to progress to the A-Final. In the final, we finished 5th. Overall, we were happy with result we got, the experience far exceeded my expectations. I look forward to exploring the doors that this has opportunity opened. I also would like to thank all of those who supported me across the fundraising efforts allowing me to compete.



James speaking at the Constitutional Convention.

Big ideas in Canberra

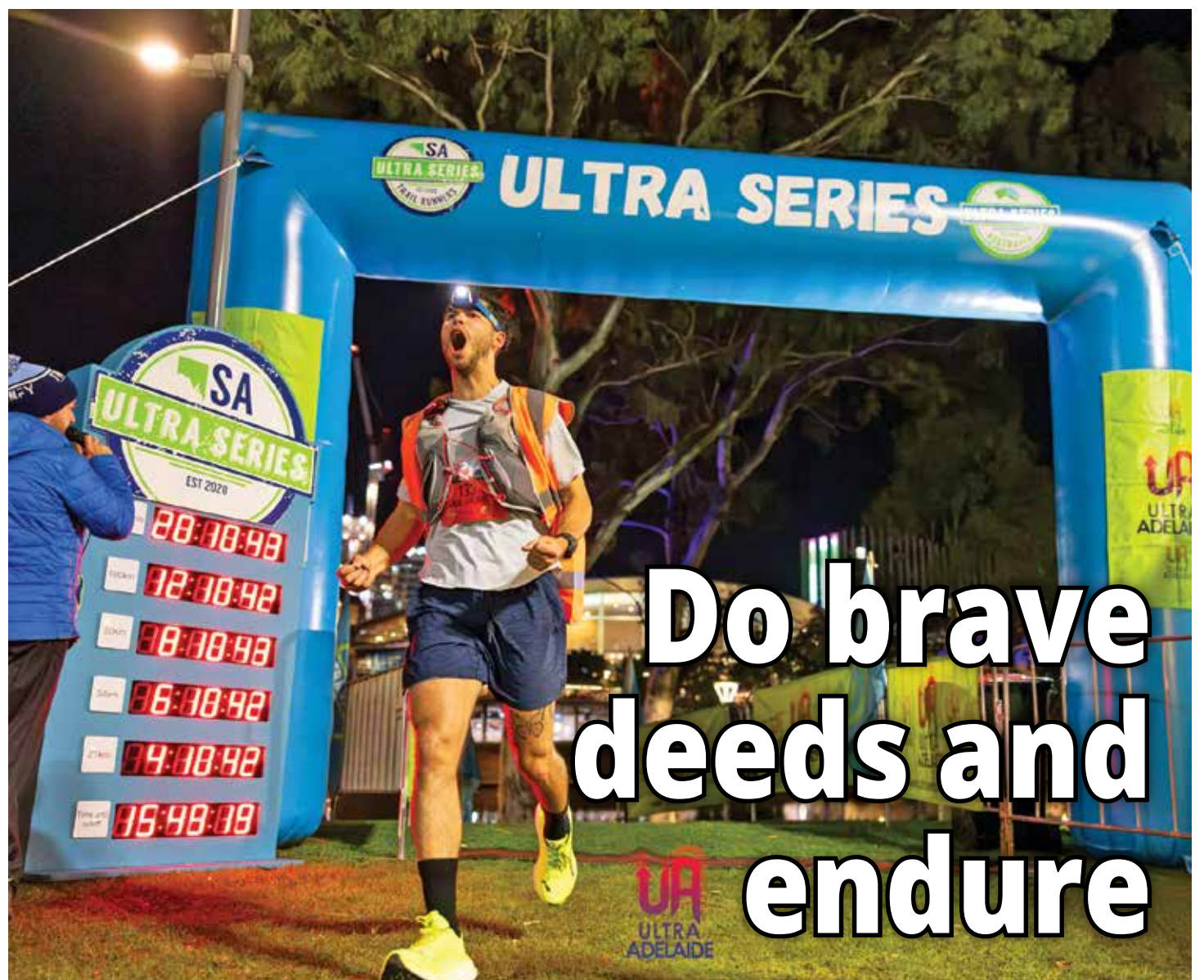
JAMES ARNEY
YEAR 12 BOARDER

Earlier this year, I had the privilege of joining a group of 12 delegates from South Australia to the National Schools Constitutional Convention in Canberra. After partaking in the state event, I applied for the nationals and was chosen to represent SA.

During the event, I had the privilege of meeting some bright and like-minded legal students from across the country, engaging in heated debate and discussion over the course of the convention. Topics of discussion were primarily themed about the benefits of allowing state tax revenue to be retained by the state in its entirety, rather than delegated by the Federal Parliament.

Over the course of the trip, I also got to visit places such as the National Archive, Old Parliament House, the Museum of Australian Democracy, and the Federal Parliament.

At these places, I was able to listen to guest speakers from numerous government departments discuss about their roles in helping our country go around. Additionally, I was honoured to be invited to Government House, as well as to meet Her Excellency the Governor General. Overall, the trip has allowed me to further my legal and political passion, meet some amazing people, and inspired me to achieve.



Lucas crossing the line, letting out all the emotions.

MR LUCAS SANDERS
BOARDING ASSISTANT

On the 12th of July, after 12 hours and 10 minutes of running through the hills of Adelaide, climbing over 3,400 metres of elevation, and consuming way too many fast-acting carbohydrates, I completed my first 100 km running race. Alongside my run, I raised \$9,300 for Treasure Boxes, a South Australian charity supporting disadvantaged children in need.

I was depleted, almost a shell of myself at the finish line, surrounded by friends and family who, alongside me, couldn't believe

I had just placed third in my first-ever ultra marathon. Although it had never been about the result, up until that day I was still unsure whether I could physically make it to the finish line, let alone place. It was always about the challenge. Why? Because my intention was to go beyond what I thought was possible, to venture into the unknown, to push past the self-determined limits I had previously believed. To help me through this, I had an ambitious goal paired with the motivation of all those who had donated and voiced their support, and because of this, I felt unstoppable.

I'd like to pass on two things to the boarding community. Firstly, a heartfelt thank you for the incredible support I received both before and after the race. Every conversation about this challenge has made me feel truly included and accepted in this wonderful community. And secondly, some advice, avoiding cliché, I would like to prompt everyone to attempt something they have been putting off, and let my experience serve as a reminder that good things come in moments of discomfort. Give in to the unknown and go beyond what you previously thought possible.