

SPORTS NEWS

The winter sports season is now in full swing and Wellington High is well represented in a number of codes. Well done to all players that are regularly attending practices and games.

Coaches & Managers

We would like to thank all the managers and coaches for the time and effort they put in. There is a mixture of parents, teachers, students and in some cases community people who don't have any children at the school. Your level of commitment, expertise and energy are enormous contributing factors to the sports programme at Wellington High. Thank you.

Playing Uniforms

Pride should be taken in the way WHS sports team present themselves. It is expected that all players come to games in the correct WHS playing uniform. You must wear the playing shirt and shorts provided. If shorts are not issued all teams are required to wear plain black shorts. Socks must be WHS sports socks. Both are available for purchase at student services.

WHS Socks - \$10 pair

Black Shorts - \$20 pair

If you have any WHS sports uniforms at home from previous years please return these to Di in the Sports Office or to Student Services.

Congratulations to ...

Bowls - Raymond Martin has been named in the Wellington Regional bowls team to compete in the New Zealand Secondary Schools' finals in Hamilton in December. Raymond played in the regional qualifying event in Wanganui on Monday 21 April.

Basketball - Eru Rautahi has been selected in the Wellington U19 Regional Basketball representative team.

Waka Ama - Katie Teau-Ropata will be representing New Zealand in the U16 Waka Ama IVF Va'a World Sprint Champs in Sacramento, California in August.

Football - Ciara Maloney is off to America later in the year on a football training scholarship.

Martial Arts – Hine Kingi has her youth black belt and is currently working towards her adult black belt. Recently Hine successfully completed 7 grading bouts. She has a further 4 to go. Good luck with these Hine we know how hard you work. In addition Hine is working towards acquiring an Instructor's Badge and she also participates in Tae Kwon Do.

Gymnastics – Kody Paki who is an accomplished gymnast and trampoliner is a gym instructor at the Hataitai Gym Club.



Badminton

This season we have 10 teams competing in the CSW badminton competition, 6 girls and 4 boys. All teams are very competitive and to date we have had some fantastic results.

The **senior girls'** team competes in the A Grade competition and they are unbeaten. In fact the top 4 girls' teams are all unbeaten. Well done and keep it up.

The WHS top player is **Helen Quan**. In April Helen attended a training camp in Australia with the New Zealand U16 squad.

Laurie Steel and **Caroline Lewis** look after badminton. Thank you for your work.



Basketball

We have had a promising start to the basketball season with 5 teams (4 boys & 1 girls) underway in their respective competitions. It is only through the commitment from our coaches and players that we have been fortunate enough to enter this many teams, so if you have been a part of making this happen, thank you! We look forward to posting some great results as the season progresses.

Canoe Polo

At the end of last term our senior team won the Rongotai Invitational B Division tournament. We beat Rongotai, Otaki, Onslow and Wellington College winning the final 4-2.

This term we have entered a senior mixed team and a junior team. Seniors play on Wednesday night and juniors play on Friday night. Anyone interested in playing should see Mr Rapson.

AWD Cross Country – Base 1

The College Sport Wellington cross country championships were held at Trentham Park on Wednesday 28 May. WHS was represented by 10 students from Base 1. These students were awesome and each completed the 2km course. The first High runner home was **Axel Evans**. Axel came 14th – brilliant running Axel.



Axel Evans



Farish Ali



Adrian Gordon

Fencing



A number of WHS students participate in fencing. Any student is welcome to attend classes which are held on Saturday mornings in the gym. Beginners (\$60) 9.00-10.15am and Intermediate/Advanced (\$45) 10.15am-12noon.



Christian Mooij



Beginners class

Rugby



Both teams have had a hard start to the season but have shown great guts and determination. We are looking for a senior win against Scots in the weekend. At the rate the junior team has improved they will soon be notching up a win. Most valuable players so far have been **Milo Faimalo, Oliver Owens and Kiwa Paku**

All rugby fees must be paid as soon as possible. Players please note that if you are unable to attend training or games it is essential that you contact your coach. Also note that games are not cancelled unless you are contacted by your coach.

Football



The 2008 football season is humming along very well. There have been some really noteworthy performances already such as:

- 15th Grade Promo have been promoted to JPL. 5 games – 5 wins!!
- Junior girls are unbeaten
- Madie Kwapisz scored a hat trick
- Boys' 1st XI beat Newlands 6-3
- Boys' 2nd XI are unbeaten
- Successfully have a boys' 3rd XI competing in CSW Div 5.
- Base 1 are competing in the CSW AWD Indoor Football competition.



15th Grade in the pouring rain

1st XI

The boy's 1st XI have the makings of an excellent football team. They are young with only 3 players returning from last year, including Jack Williams who is a great Captain. After some preseason games, they got off to a disappointing result with a substantial loss to St Pats. However the following weekend their game improved enormously with a good win against Newlands. Another loss in the third week to the top team but the result was an improvement on the St Pats game. At half time they were only 1 goal down but unfortunately it went downhill from there. The practices are paying off and they are working much better as a team – we are expecting some good results through the season. **Ngahiwi Apanui** who coached last year has returned for another season even though his son has graduated. The continuity in coaching is great and we are very grateful for Ngahiwi's commitment. The team is continuing last year's tradition of hosting after game refreshments for the opponents when it's a home game.



Senior Girls preparing

Hockey



WHS has two mixed hockey teams competing in P4 and P6 grades of the Wellington competition. There are some very talented players and already the teams are showing signs of great improvement. The 1st XI played a very exciting game against Paraparaumu College with a 1-0 win. The winning goal was scored by **Emerson Stirling** in the last 30 seconds of the game. The 2nd XI have had 3 wins and 1 loss to date and are in a good position on the points table.

Particular thanks are extended to **Irene McLachlan** for the huge work she does for WHS hockey. Irene attends every practice and both games every week.



1st XI hockey team



Netball

We are now 3 games into the season and two of those weeks have involved lots of rain so well done to the players and the coaches for getting amongst it! Netball is very rarely cancelled. The Senior A are leading their grade and remain unbeaten which is a great effort. Keep it up girls. This is the first season that we have had no parents coaching school teams which is a real concern for the future of this great sport. Please consider getting involved as we can enter as many teams as we have coaches and players for. We are getting lots of support along the sidelines on Saturdays which really makes a difference to the players. Particular thanks to the senior girls who coach and umpire the juniors in the early morning games (Melody, Emma, Myf. Ami. Nita and Lydia) - you're doing a super job!

Karen Goodall

Senior A Netball

On Wednesday 21 May the WHS Senior A netball team competed in the College Sport Wellington Premier Netball tournament. This was a first for the senior A team and the girls were anxious about the tournament. The first game up was a very tough one against Marsden who eventually were finalists in the tournament. During the day the team confidence drew with two particularly excellent games against Heretaunga College 12-13, and Bishop Viard College 15-15. This tournament provided a great opportunity for development in the team. Well done girls and special thanks to the coach **Claudia Henison** for taking the team to this tournament.



WHS vs Porirua

Underwater Hockey

The WHS underwater hockey team is a mixed team and is currently competing in the Wellington Senior Boys' Open Grade. This is a pretty tough ask as they are competing against all boy teams from various Wellington colleges.

The team will be competing in a UWHNZ tournament at the Kilbirnie Aquatic Centre, 6-8 June. Good luck.

Adele Dutilloy is doing a fantastic job of keeping the team organised and motivated. Your efforts are really appreciated Adele. The team is coached by **Lizzie Cobeldick** and **Finn**

Year 9 & 10 Interclass Lunchtime Competitions

The competition is fierce and the air electrifying. It is fantastic to see the students enjoying the games, spectators being highly entertained and brilliant support from whanau teachers.

In term 1 year 9 competed in indoor soccer and year 10 in indoor cricket. Victory went to:

Year 9 - 9SNP

Year 10 - 10HSJ

Term 2 sees the year 9 classes competing in basketball and year 10 in indoor soccer.

Thanks must go to the year 13 students for organising these games.



Players code

Some points for players to remember:

- Play to the best of your ability, but within the rules of the game
- Recognise and respect the abilities of others – both team mates and opponents.
- Accept the officials' decision without gesture or argument.
- Represent your school with pride and privilege.
- Be humble in victory and gracious in defeat.
- Support the coaches and their requests of you.
- Thank the coach, officials, opponents and supporters.

**ENJOY YOURSELF – PLAY HARD BUT
PLAY FAIR**

Draws & Results

You can get draws, results, cancellations and general sports information from the College Sport Wellington (CSW) website anytime.

www.collegesport.org.nz

13th, 14th & 15th Grade football draws and results are available on the Capital Football website www.soccer.org.nz.

Contact Information

For any further information or to tell me any news about your out of school activities or successes I can be contacted by any of the following:

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Di Jordan

Sports Coordinator

