

Wellington High School



Sports Information & Registration 2017

**Register Online or Return the Enclosed Form by
Wednesday 8th FEBRUARY**

TABLE OF CONTENTS

GENERAL INFORMATION

Contact Information	3
College Sport Wellington	3
NZSSSC	3
Cancellations	3
Sport at WHS	4
Sport Committee Statement	4
Sport Code Season and Age	4
Noticeboards and Daily notices	4
Volunteers	5
Transport	5
Sporting Achievements	5
Sports Awards	5
WHS Student Sports Leaders	5
Sports Fees	6
Tournaments	6
Uniform	7
Sports Registration	7
Code of Conduct	8

YEAR ROUND SPORT CODES

Cross Country	9
Fencing	9
Ultimate Frisbee	9
Under Water Hockey	10
Waterpolo	10

SUMMER SPORT CODES

Athletics	11
Bowls (Lawn)	11
Cricket	12
Dragon Boating	12
Floorball	12
Football Academy	13
Futsal	13
Tennis	13
Touch Rugby	14
Volleyball	14

WINTER SPORT CODES

Badminton	15
Basketball	15
Football - Boys	16
Football - Girls	16
Football Committee	16
Hockey	17
Netball	17
Rugby - Boys	18
Rugby - Girls	18
Smallbore Rifle Shooting	18
Squash	18
Table Tennis	19

SPORTING CLUBS

Mountain Biking	20
Parkour	20
Rock Climbing	20
Skateboarding	21
Tramping	21
Unicycling	21

OTHER SPORTS

21

Wellington High School Sports Information

Wellington High School

Phone 385 8911 ext.906

249 Taranaki St, Mt Cook
Wellington 6011

Or

PO Box 4035
Wellington 6014

Sports Office

Phone Direct 802 7677

Email sport@whs.school.nz



'Wellington High School Sports'

College Sport Wellington (CSW) - Draws and Results



For draws, results, points, playing conditions, general information and Dominion Post articles. This is a very useful website for Wellington college sport competition and general sport information.

Tel 939 1102

Fax 939 1103

www.collegesport.org.nz

New Zealand Secondary Schools Sports Council (NZSSSC)



New Zealand Secondary Schools Sports Council Inc. is the sports service organisation that co-ordinates, promotes and protects secondary school sport for all students.

All national news and information including entry for national secondary schools events can be found on the NZSSSC website.

<http://www.nzsssc.org.nz/>

General Cancellations

- College Sport Wellington website - www.collegesport.org.nz
- Newstalk ZB 1035AM

Dominion Post College Sport News

Published every Wednesday in the Dominion Post

Sport at WHS

Students at Wellington High School have a wide range of sporting activities available to them. Through sport we aim to provide students with positive experiences of fun, individual achievement and the satisfactions of team participation, success, commitment, responsibility and fair play.

This booklet is designed to provide sport information to assist students in sport selections.

Most students can manage **two extracurricular activities per season** and meet required homework and family commitments. We recommend that students discuss options with their parents/guardians before registering. A full commitment to your choices of sports is essential.

Sports Committee's Statement

Our sports students are expected to represent themselves and the school with excellence whenever involved in sport for Wellington High. If ever it is necessary the Sports Committee reserves the right to recommend suspension of any player(s) from any team or event where inappropriate behaviour is displayed by the student. This will be discussed with the Principal and communicated to coaches and parents/caregivers before any suspension takes place.

Sport Code Season and Age Details

Summer Sport	Term 1 and Term 4
Winter Sport	Term 2 and Term 3
Age Groupings	Junior – Year 9 & 10 Senior – Years 11-13

Wellington High School Term Dates 2017

Term 1	30 Jan – 13 Apr
Term 2	1 May – 7 Jul
Term 3	24 Jul – 29 Sep
Term 4	16 Oct – 14 Dec

Sports Noticeboard / Daily Notices Information



- Sports noticeboards are situated on the Sports noticeboard in the Lower Gym. All sport information and draw updates are displayed on these noticeboards.
- **Daily school notices** are used as the main form of communicating sports Information to students.
 - **Students are responsible for reading the daily notices.**
 - **Daily notices are also available on the WHS Intranet.**

VOLUNTEERS REQUIRED!

To be able to offer a successful sports programme at Wellington High it is vital that we have parent and community involvement with coaching and managing teams. On the registration form, there is an area which parents / caregivers can complete if interested in helping out, or you can contact the Sports Office directly by emailing sport@whs.school.nz

Transport

Parent help is needed to transport students to sports venues. This is very important. You cannot expect that the school will transport you to your sports event. Where possible transport assistance will be given but it is definitely not guaranteed. Students must expect to use public transport as necessary.

The school does have a van which can sometimes be used to assist in transporting teams. Players will be required to meet the costs involved when the school van is used. The van is available for coach/manager use with prior arrangement and approval from Student Services.

Sporting Achievements

We want to hear about any Wellington High student's sporting achievements. Please help by keeping us informed. We are proud of our student's and want to acknowledge and celebrate all sporting successes.

Please keep us informed by emailing sport@whs.school.nz

Sports Awards

This is an annual event held to present school sports honours recognising achievements, contributions and participation. The event is held early in Term 4 with the date to be publicised later in the year. All parents and community members are invited to attend the Sports Awards.

Wellington High Student Sports Leaders

A Student Sports Council operates at Wellington High. Nominations for Sports Leaders will be sought in term one. The Council's role will be to promote sport, be the voice of the students, report what the students want, assist with a number of sporting events on the school calendar, design new initiatives, and more.

Wellington High Student Sport Council Mission statement

To inform, excite and inspire Wellington High students about sport, taking every opportunity to promote and motivate students to participate in sport.

Being involved in making sport happen!

If you have any further questions please contact our Sports Department:

sport@whs.school.nz

Sports Fees

A fee is set for most sports offered at Wellington High. Where possible some subsidy to costs is applied to help minimise costs.

The Wellington High policy with regard to registration is **no pay no play**, however, we do not want to disadvantage any students wishing to play sport. If you would like to discuss alternative payment options please make direct contact with the Sports Coordinator before the season starts.

In some circumstances fees are paid directly to an outside sport provider. Students will be advised when this is the case.

Payment methods

There are a number of methods available for the payment of sport fees:

- Cash
- Cheque
- Eftpos
- Credit card
- Automatic payment. (To be arranged with Student Services. Please clearly identify student and what the payment is for)
- Via the parent portal as soon as the sport fee charge has been applied

Please remember to make contact if you are cannot pay in any of the above ways. We do not want your child to miss out on playing sport.

Tournaments

Teams from Wellington High compete in various National or Regional tournaments.

Note: If your child is in a team travelling away to a national tournament you should expect costs to be **\$450-\$650.00** depending on the destination. Fundraising is the responsibility of players and parents. Where possible grant applications will be made to support fundraising.

NZSSSC Tournament Weeks 2017

Summer - Term 1, week 9, 27 – 31 March

Winter - Term 3, week 7, 4 - 8 September

Uniforms

It is compulsory in all cases for students to wear the correct sport uniform when representing Wellington High School. Our school sports colours are bottle green/gold. Students will be stopped from playing if they do not wear the correct sports uniforms.

WHS SPORTS UNIFORMS – Purchase from Student Services as required

- **WHS Sports Shirt** **\$40.00**
This shirt is used for a number of different sports and can also be worn for PE.
- **WHS Sports Socks** **\$15.00**
- **Custom WHS Sports Hoodie** **\$50-55***

* will be available to order periodically throughout the year

SHORTS AND FOOTWEAR

Students are required to provide their own unless otherwise arranged

SCHOOL OWNED SPORTS UNIFORMS

- Students in top teams are issued uniforms which are to be returned at the end of the season.
- School owned sports uniforms are for sports competition only, not general day wear.
- A bond may be charged for some school owned uniforms

Sports Registration – Due by Wednesday 8th February

Students must register to any sports they wish to participate in. Registration can be done online or by handing in the enclosed form.

- Register online at <http://www.whs.school.nz/sports/>
- Completed forms can be
 - Mailed to school throughout the summer holidays, payment can be online.
 - Given with payment to Student Services on Level 5 when school resumes.

Note:

- **You will also have a chance to sign up for Summer Sports again in week 1 and 2 of Term 1**
- **You are making a commitment to play for a full season**
- **You are making a commitment to attend all team trainings throughout the season. It is not optional.**
- **You are making a commitment to a coach and often team mates.**

Registration is strictly due by Wednesday 8th FEBRUARY

* Winter Sports will have another sign up opportunity later in Term 1

SPORT CODE OF CONDUCT

Sport is an important part of school life for many students. Our students are reminded to always represent Wellington High School with pride and privilege.

Codes of Behaviour:

We adhere to the following codes of behaviour which state the expectations of players, coaches, managers, parents and supporters.

Players' Code

- Play hard, but within the rules of the game
- Recognise and respect the abilities and disabilities of others – both team mates and opponents
- Accept the official's 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
- Give it heaps but don't get ugly

Coaches/Managers' Code

- Set positive and appropriate guidelines and behavioural standards for yourself and your athletes on and off the playing arena
- Give all players the same opportunity to play
- Assume responsibility for your players' conduct on & off the playing arena
- Instil a sense of pride and respect in players' performance
- Treat all players, including the opposition, with dignity and respect, and show positive examples of sportsmanship at all times
- Respect and accept the judgement and decisions of officials without argument

Parents' Code

- Positively encourage and support the efforts of all players
- Make an effort to understand the rules of the game
- Refrain from any criticism or abuse directed at officials, players, or spectators
- Put an emphasis on genuine effort ahead of victory and encourage players to accept outcomes of all games, irrespective of the results
- Recognise good play by either team and never ridicule an individual player in either team
- Ensure any form of violence is actively discouraged

Supporters' Code

- Encourage all participants to play within the rules of the game
- Display self-control on the side line
- Show appreciation for coaches and officials who facilitate the game
- Remember young people play sport for their satisfaction not yours
- Never place undue pressure on a child to play or perform

YEAR ROUND SPORT CODES

Year Round Sports are unrestricted by Summer and Winter seasons with each individual code running their own seasonal dates

CROSS COUNTRY

Wellington High has a partnership with Scottish Harriers. The club provides coaching for WHS students.

Cross Country commences at the end of Term 1 and runs through Terms 2 & 3

Training days and times will be confirmed

There are a number of cross country and road racing events throughout the year

Cross Country Karori relays

Cross Country Nationals

CSW Cross Country Champs

CSW Road Racing Champs



FENCING

Instruction: Saturday throughout the year (excluding holidays)
Commencing on Saturday 11 February 2017
Beginners 9.00am -10.15am
Experienced fencers 10.15am -12noon
Extension classes and individual lessons by arrangement

Venue: Wellington High School Gym

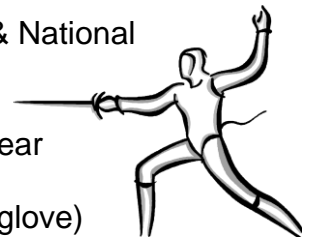
Competition: Events are held throughout the year. Includes Wellington & National Secondary Schools Championships

Equipment: Fencing equipment supplied for beginners
More advanced fencers are encouraged to get their own gear

Uniform: Track pants/leggings, white-soled trainers, t-shirt/skivvy

Cost: \$110.00 for first time fencers (includes a personal fencing glove)

\$70.00 for second year + Costs are for affiliation fees only
2016 fees will be charged directly by Toa Fencing Club



ULTIMATE FRISBEE

Played outdoors in the Summer and indoor in the Winter, with one league and one tournament per Term. Ultimate is a competitive non-contact team sport played with a flying disc (Frisbee), and is unique in being self-refereed; every player learns the rules and is expected to play within them.



Competition: Girls, Boys and Mixed grades
Played indoors at ASB Stadium and outdoors at Martin Luckie Park

Practice: Generally at lunchtime

Uniform: WHS Sports Shirt, can be purchased from Student Services for \$40

Cost: \$40.00 per League, \$20.00 per Tournament

UNDERWATER HOCKEY

Competition	Junior Open, Junior Girls, Senior Girls and possibly Senior Open February-August, Tuesday (Senior) or Friday (Junior) Central Region tournament, Wgtn CSW Senior Finals, WRAC CSW Junior Finals Nationals, Auckland
Venue:	WRAC (Kilbirnie pool) and Huia Pool
Practices:	WRAC Kilbirnie, Saturday 4.30-6.00pm, Monday 6-7pm
Equipment:	Mask, snorkel, fins, togs. WHS will endeavour to supply or source sticks and gloves
Uniform:	Provide own swimsuit
Cost:	\$110.00 - Pool entry is an additional cost - Tournament costs are separate



WATER POLO

We have a resurgence of water polo with great coaching and support. More players would be welcomed at beginners or experienced levels.

Competition:	Junior - Terms 2 to 4 Senior - Term 1
Practices:	Monday 7.00-8.00am Wellington Regional Aquatic Centre
Equipment:	Is provided
Uniform:	Players provide own togs
Cost:	Junior or Senior only \$100.00 Junior & Senior \$150.00 Pool entry is an additional cost to players



WEIGHTLIFTING

Students are coached as competitive lifters who compete in the New Zealand schools league between February and November and the New Zealand secondary schools nationals in September.

Competition:	The school has a relationship with WWA and lifters are expected to compete at the local events
Practices:	Monday and Wednesdays from 3.30-4.30pm in the WHS Undercroft or Old Gym
Equipment:	Weights are supplied by the school
Uniform:	Participants to provide own sports wear
Cost:	\$40.00, there will be additional charges for club membership: Junior registration costs \$15.00 to be registered to Olympic weightlifting New Zealand and \$20.00 to be affiliated to the local club, Wellington Weightlifting Association (WWA)

SUMMER SPORT CODES

Summer Sports are run through Terms 1 & 4. It is vital that registration is made by Wednesday 8th February to be entered in for the start of the season

ATHLETICS

Athletics club for year 9 and 10 runs through term 1 and 4, with some athletes choosing to continue with winter training in terms 2 and 3. Trainings will be held in various disciplines. If we are unable to cover your athletic interest we will recommend a club for you to attend.

Practices: Tuesday and Thursday 3.30pm-4.15pm. Students interested in cross-country are encouraged to join Scottish Harriers Club who have a sporting relationship with the school and hold regular training runs

Events: **WHS Athletics Day** is on Thursday 2nd March at Newtown Park.

- This event is compulsory for all students
- Students who want to qualify for further athletics events need to participate in the WHS athletics day

Other athletics meets include:

Round the Bays - Sunday 19th February

AWD Athletics - Newtown Park

Western Zone - Wednesday 14 March, Newtown Park

Regionals - Wednesday 23 March, Newtown Park

North Islands - Secondary School Athletics 8-9 April

Nationals - Secondary School Championships December 2017



Competitions: Inter-College league is Fridays after school at Newtown Park in Term 4
Uniform: WHS provides singlets or sports shirts for some events. Athletics singlets are awarded to athletes who attend 10 consecutive training sessions. WHS sports shirts are worn for most events, to be purchased from school. Students provide their own black shorts, suitable shoes and training gear.

Cost: \$30.00

BOWLS (Lawn)

An interschool lawn bowls competition runs with the involvement of several bowling clubs. It involves instruction and games mid week after school during Terms 1 & 4. Experience is preferred, all equipment supplied. Teams can be mixed.

- Practice: Every effort will be made to provide coaching by a local club
Uniform: Players must compete in a WHS sports shirt available for purchase at Student Services for \$40.00
Students provide their own black shorts and flat soled shoes.
Venue: The Park, Kilbirnie or Berhampore Bowling Club
Championships: **CSW Singles Championships**
CSW Pairs Championships
CSW Junior Tournament
Bowls fee: \$20.00 per competition



CRICKET

- Competitions: **Boys:** Saturday 11.00am – 6pm
(Some Sunday games may occur)
Terms 1 and 4, Junior & Senior
Girls: Play midweek, entry is dependent on numbers
Uniform: Players must provide their own cricket whites
Practices: After school, each team's practice time is TBC
Convenor: Randal Wakefield
Equipment: Provided by school
Cost: \$80.00



DRAGON BOATING

This is available to Year 12 and Year 13 students only. Teams consist of 22 paddlers. All team members must complete a fitness and swim test. The swim test will be a 50m swim (any stroke) to ensure that you are comfortable in the water in case of capsizes. The team is selected at the start of Term 1.

- Practice: 8 training sessions during February. Attendance is absolutely compulsory, dates and times TBC
Wellington Dragon Boat Festival, **Sunday 4 March**
Competition: For training – one knee pad, polypro thermal top
Dress: **NO SINGLETS** unless worn over polypro, shorts, towel, shoes to get wet, wind jacket, warm jersey, dry clothes
For race day – team uniform will be supplied by the school.
Cost: \$90.00 per person **No payment NO paddling.**



FLOORBALL

- Competition: Floorball College League
Thursday afternoons in Terms 1 & 4
Term 1 - 19 February to 1 April
Term 4 - 14 October to 9 December
- NZ Champs NZSS Champs - 17 & 18 September, ASB Centre Kilbirnie
- Venue: ASB Sports Centre, Kilbirnie
- Practices: WHS old gym, Monday 5.00-6.30pm, equipment is provided
- Uniform: WHS sports shirt. Indoor shoes are preferred
- Cost: Charges are made league by league. The cost is approx \$40.00 per player per league. NZSS Champs will cost approximately \$30.00 per player

FUTSAL

Futsal is a 5 a side football game played indoors with all action, skill and speed. Please see the Sports Coordinator in the Sports Office by Friday 5th February to enter your team.

- Competition: WHS teams compete in the Capital City Futsal girls and boys competitions held in terms 1 and 4
CSW Junior & Senior Futsal Champs
Nationals, ASB Sports Centre, Wellington
There will be opportunities for girls and boys to trial for regional representative teams
- Venue: ASB Sports Centre, Kilbirnie
- Cost: \$50 per player per league.
Teams will not be entered without full payment by all players



TENNIS

Students must be competent tennis players to be able to enter the CSW competition.

- Competition: Senior Grades Term 1 - Thursdays 4.00 – 5.30pm
Junior Grades Terms 1&4 - Tuesdays 4.00 – 5.30pm
National Qualifying Tournament
CSW Open Individual Champs
CSW Junior Individual Champs
- Venues: Games are played at various Wellington City schools, Hataitai courts or the Renouf Tennis Centre
- Practices: Team arranged. WHS does not have operating tennis courts, travel is required
- Uniform: Players must compete in a WHS sports shirt
- Equipment: Supply own racquet. Balls supplied by school
(Some racquets are available for loan)
- Cost: \$20.00



TOUCH RUGBY

Competition: Junior & Senior Grades are played
Seniors - Tuesday 4-6pm. Terms 1 only
Juniors - Tuesday 4-6pm Terms 1 & 4
CSW Senior Qualifying Tournament - Thursday 23rd
February
CSW Junior Tournament - Thursday 16th November

Venues: Wakefield Park

Practices: Wellington High field - lunchtimes and after school

Uniform: Players must compete in a WHS sports shirt
Purchase at Student Services for \$40.00
Players supply own black shorts and WHS socks

Cost: \$20.00



VOLLEYBALL

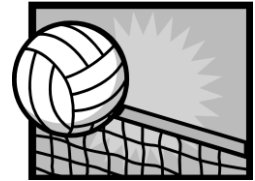
Competition: Terms 1 and 4
Seniors play - Friday, 4pm-6pm
Juniors play - Wednesday, 4pm-6pm

- CSW Senior Tournament - 10th & 11th March
- CSW Junior Tournament - 10th & 11th November
- Senior NZ Secondary Tournament - 27 – 31 March

Practices: Lunchtime and after school, days/time TBA

Uniform: Uniforms are provided to top teams otherwise a WHS Sports Shirt is required
Players provide own black shorts.

Cost: \$70.00 (There are additional costs for tournament entry)



WINTER SPORT CODES

Winter Sports are run through Terms 2 & 3. There will be a second chance to register for these sports late in Term 1.

BADMINTON

Badminton is played at both competitive and social levels for all age groups during terms 2 and 3. Teams are made up of preferably 6 students and at least 4 must attend every match. It is fun and a good way to stay fit for other sports.

- Practices: Seniors and juniors each have a lunchtime practice (days to be confirmed). Any student who joins is welcome to these sessions and students who are chosen for competitive teams are expected to attend regularly. More intensive coaching is offered for some students on Tuesdays at 7.30am
- Competition: Seniors - Friday 3.30-5.30pm at various Wellington schools
Juniors - Thursday 3.30-5.30pm at various Wellington schools
- Equipment: Students should supply their own racquet however school has a limited number available to borrow. The badminton fee covers equipment, shuttlecocks and competition entry
- Uniform: Players must compete in a WHS sports shirt, which is available for purchase at Student Services, black shorts and suitable shoes
- Convenor: Caroline Lewis
- Cost: \$30.00 (plus \$5 per player for Championship entry)



BASKETBALL

Basketball is offered to girls and boys in both junior and senior levels.

- Practice: Before school, lunchtime and after school, in the Tindill gym
Exact days and time for each team will be confirmed
- Competition: Seniors – Friday, 4pm-8pm
Juniors – Tuesday, 4pm-7pm
There must be adult supervision at all basketball matches.
Parent managers will be required to help with each team
- Venue: Various schools and stadiums throughout the Wellington region
- Uniform: WHS basketball singlets and shorts provided where possible
- Cost: \$100.00



FOOTBALL – Boys

13th & 14th grades are run by Capital Football and are club based grades.
15th grade and above are run by College Sport Wellington and are school based grades.

- *Players born in 2002 are in Grade 13 of the 2017 Capital Football competition and must play football for a club team*
- *Players born in 2001 are in Grade 14 of the 2017 Capital Football competition and must play football for a club team*



Competition:	All boys games are played on Saturdays Game times - 9am, 11am or 1pm
Practices:	WHS field after school and WCC Te Whaea artificial
Uniform:	All players must provide their own boots, shin pads, socks and shorts Some teams will be issued with WHS uniforms. They will be advised WHS socks can be purchased at Student Services
Teams:	Trials will be held for 1 st , 2 nd & 3 rd XI plus junior teams. Senior social teams can be established. To enter a social team a full team list, payment and an adult manager must be presented early
Cost:	\$95.00 per player Note: If your child is in a team travelling away to a National Tournament you should expect to pay \$450.00-\$650.00

FOOTBALL – Girls

Competition:	Wednesday after school commencing in term 2
Practice:	Traditionally Monday 3.30-5.30pm on the school field or Te Whaea artificial
Preseason/Trials:	Preseason will start very early in term one. Any player looking for selection into the 1 st XI will be required to attend Preseason training will be a significant part of the trial process
Uniform:	Full uniforms are provided to the 1 st XI. Shirts are provided for all other teams All players must provide their own boots, shin pads, socks and shorts. WHS socks can be purchased at Student Services
Cost:	\$95.00 per player Note: If your child is in a team travelling away to a National Tournament you should expect to pay \$450.00-\$650.00



Football Committee

Parents have formed a WHS Football Committee to oversee the strategic direction and management of boys and girls football at Wellington High. Each year we need new members to replace those parents/caregivers with students leaving the school. Our football season is largely as good as the Football Committee.
Please contact the Sports Coordinator for more information.

HOCKEY - Girls & Boys



- Competition: Playing days in Term 2&3 are afterschool mid-week
Venue: National Hockey Stadium Newtown (NHS), Fraser Park (Lower Hutt) or Elsdon (Porirua). Game times fall between 4.00-7.00pm
Uniform: WHS Sports Shirt \$40 from Student Services. Players must provide your own WHS socks and black playing shorts. Goalkeeper gear provided
Equipment: Players provide own stick, shinguards and mouthguard
Practices: Traditionally Mondays 4pm-5pm at NHS
Cost: \$110.00

NETBALL

2017 Netball Season

- Collegiate Grades play in Terms 2 and 3
- No games are Queens Birthday weekend
- See the Netball Wellington Centre for all information regarding 2017 competition dates or the WHS Netball facebook page



Competition: All games are played on Saturdays from May-September
College Sport Wellington (CSW) hosts a senior and junior tournament day, and an 8 week Monday evening competition for Senior A

CSW Premier Tournament - Thursday 19th May, ASB Centre Kilbirnie

CSW Junior A Tournament - Thursday 11th August, ASB Centre Kilbirnie

CSW RSSL Tournament - Senior A play Monday nights June through to August

Lower North Island Tournament – 4th – 8th September

Note: If your child is in a team travelling away to a National Tournaments you should expect to pay **\$450.00-\$650.00** depending on the destination

- Venue:
- Collegiate 1-3 games will be played at the ASB Sports Centre
 - Collegiate 4-5 and Jnr (Yr 9&10) 1 & 2 play at Hataitai Courts
- Uniform: Tops and skirts are supplied by WHS. Players provide their own white socks and appropriate netball shoes. These need to have the stability required for the foot and ankle on a netball court
- Trials: Players need to be available for all **three** trial dates unless excused:
Junior – Thursday 9 March 3.30-5.00pm, Lower Gym
Junior – Tuesday 14 March 3.30-5.00pm, Tindill Gym
Senior – Wednesday 15 March 3.30-6.00pm, Lower Gym
Senior – Friday 17 March 3.30-6.00pm, Lower Gym
All players tournament – Saturday 18 March 11.00-3.00pm Tindill
- Practices: Will commence in March, dates to be advised. Senior A and B and Junior A usually train twice weekly during the season
We are always in need of coaches and managers. If you've coached at primary level, you can coach at secondary too. Wellington Netball offers coaching courses.
- Coaches & Managers: All teams from Collegiate 1 down are required to supply their own umpire. Umpire training sessions will organised to assist students and parents
- Cost: Collegiate Grades 4-5: \$110.00
Collegiate Grades 1-3: \$125.00 (due to playing at ASB)

Umpire Cost: For a number of years ASB players pay approximately \$2 per week for our umpires, this enables the reliability of high quality umpiring. Teams can fundraise for this if they wish. They will need to notify the school to let them know.

Netball Committee: Parents have formed a WHS Netball Committee to oversee the strategic direction and management of Netball at Wellington High. Each year we need new members to replace those families leaving the school. Please contact the Sports Coordinator for more information

RUGBY – Boys

Preseason: Term One
 Competition: Saturdays beginning in Term 2
 Venue: At various schools in the Wellington region
 WHS home ground is Prince of Wales Park
 Weigh-in: A weigh-in day will be held pre season
 Practices: This year we will once again be receiving ongoing technical advice on training and coaching from Wellington Rugby Union
 Trainings: Generally Tuesday & Thursday, (tbc)
 Coaches: John Edwards, WHS Rugby Administrator with associated coaches and WRFU Development staff
 Uniform: Shirts supplied. Buy WHS socks and provide own black shorts, and MOUTHGUARD
 Cost: \$80.00



RUGBY – Girls

Dependent on player numbers, alternatively Club entry will be advised.

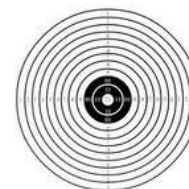
Competition: 10-aside competition played in the Wellington region
 Playing day: Thursday afternoons
 Training: To be confirmed
 Cost: Will be advised



SMALLBORE RIFLE SHOOTING

Smallbore target rifle shooting is a sport for young men and women. .22 target rifles are used. In NZ most shooting is done in an indoor range about 25m long. There will be opportunities to compete in national competitions and have lots of fun.

Club Day: Thursday 4.30pm, Terms 2 & 3
 Venue: Royal Tiger Range, Berhampore (near the hockey stadium)
 Cost: \$50.00 (plus approx \$10 ammunition fee to pay weekly)
 Meeting: Full details will be available in a Term 1 Meeting
 Teacher in Charge: Vince Brannigan



SQUASH

Squash is offered to Wellington High students starting Term 2. The club is run weekly and suitable for beginners and experienced players. There will be an opportunity to train towards secondary school championships.

Practice: Tuesday after school from 4.00-5.00pm
Venue: Island Bay Squash Club
Equipment: Racquets are provided. Wear appropriate gear
Cost: \$20.00



TABLE TENNIS

Wellington High School runs a table tennis club during lunchtimes throughout the year. This club is open to all students. Some coaching is provided. There will be a school ladder established if demand is sufficient.

Competitions: Interschool competition will be held in Term 2 & 3
Games are played at the Wgtn Table Tennis Club on Alexandra Rd
CSW Individual Champs – Friday 29th July
CSW Teams Champs - Friday 5th August
Gear: Equipment is provided
Cost: \$20.00



SPORTING CLUBS

Sporting Clubs are unrestricted by Summer and Winter seasons with each individual code running their own seasonal dates

FITNESS CLUB

This club is for anyone who is wanting to build up some fitness, the sessions will be split between, Cardio, Upper Body, Lower Body and Core. This would be especially beneficial for sportspeople who are wanting to start preseason fitness and carry on with their fitness throughout the session

Fitness Sessions: 1 day afterschool from 3.30pm to 4.30pm (day to be confirmed)

Cost: \$20.00

Venue: In the WHS School Gym or on the School Field

MOUNTAIN BIKING

The Wellington High mountain biking club will do weekly rides around the Wellington area. These will mostly be on Mt Victoria and in Aro Valley. Novice and experienced riders are catered for. Regular mountain biking events are held in the Wellington area.

Competition: Sunday 24th September, Venue tbc
PNP mountain bike race series throughout the year

Equipment: Students are required to provide own bike and gear

Cost: As required for events, (tbc)



PARKOUR

Parkour is an urban sport which involves jumping, vaulting, landing and climbing. It is great for developing confidence, motor skills and a general knowledge of body movement.

Practices: Monday 3.30-4.30pm, old gym and school grounds

Coaching: Parkour is student coached. Basic skills are taught indoors with attention paid to technique and safety

Club: Open parkour jams are held every Sunday at Frank Kitts Park

Cost: \$20.00 (plus any cost for any organised events)



www.thutttoutok.com 105073877

SKATEBOARDING

- Competition: CSW Skating Festival tbc
Practice/Offsite: Skaters practice independently
Cost: The school has a number of skate ramps for use at school. There will be a charge to enter the CSW competition. This will be approximately \$5-10 and will be charged at the time



ROCK CLIMBING

Students have the opportunity to indoor rock climb in a safe and supportive environment, enabling them to develop rope and climbing skills and have fun. This leads to outdoor rock climbing trips.

Tararua Tramping Club Youth Programme – check it out
<http://www.ttc.org.nz/pmwiki/pmwiki.php/TTC/YouthProgramme>

- Activities: Weekly indoor climbing at Ferg's on the water front Tuesday, 4.00-6.00 (flexible)
Uniform: Suitable clothing and climbing shoes if you own them
Convenor: Simon Russell WHS
Stu Hutson, Tararua Tramping Club
Student contacts – Mirth Starfish & Siobhan Peacock
Cost: \$10.00 entry to Fergs. \$4.00 for shoe hire



Elite Climbing Crew

TRAMPING CLUB

A club for first timers and experienced trampers. This is for students who want to experience the outdoors, make friends, learn bush craft skills and be prepared to get out of their comfort zone.

This would be a good club to join if you are wanting to do the Duke of Edinburgh Award. We have equipment to lend; packs, clothes and stoves. All you need is a sense of adventure



- Tramps:** We offer a minimum of one tramp a term, but depending on numbers, students may be limited on the number of tramps they can do. The majority of tramps will be in the Tararua Ranges, but we do try to go further afield eg Tongariro National Park. Tramps are lead by experienced trampers from Wellington High School and the Tararua Tramping Club
- Nepal:** An annual trip to Nepal is offered to year 13 students and tramping in NZ is good practise for this trip
- Staff:** Bharat Pancha, Murray Chisholm and Jenny Olsen
- Cost:** \$20.00 club fee. Organised tramps will vary between \$30 and \$130

UNICYCLE CLUB

This club for beginners and accomplished riders. For beginners we offer a fun supportive environment to learn to ride on only one wheel. For more experienced riders we offer activities including basketball, hockey, duelling and unofficial IUF testing.

Remember: One wheel good, more wheels bad

- Where and When:** WHS Gym
Exact days and times tba
- Cost:** \$25.00 for full year



CHESS

Education in Chess has to be an education in independent thinking and judging

Emanuel Lasker

Chess is more than entertainment on a rainy day. Chess can, quite literally, teach children to think outside the square. Chess not only provides a playground to develop strategic and logical thinking, it can also enhance reading and mathematical abilities. We have had a small but very active chess club at WHS, with many returning to play during their lunch break week after week. We play in M310 during a lunch break which suits most of the players. Many play traditional chess but others prefer to play a computer chess game which involves cards.

Chess can be fast and exciting; we have purchased chess clocks and most games can now be finished in 25min.

Many studies have concluded that chess develops analytical, logic and problem solving skills and it should be no surprise that chess is a curriculum subject in more than 30 countries around the world.



Where	M310 at Lunchtime
Cost	\$20.00

OTHER SPORTS

Competitions and/or participation in other sports may be organised in 2017. This will depend on the level of interest and support.

Further information will be publicised in the daily notices throughout the year.

Codes not offered at Wellington High

There are a number of sports we do not offer. We will make every effort to help students enter into any school team or individual competition as a representative of WHS. We will also seek out clubs or other local schools to link with where we cannot support a sport. We can loan tracksuit tops or playing tops for one-off events etc. Please contact the Sports Office if you need help.