

# Wellington High School



## Sports Information & Registration 2020

**Please Return the Enclosed Form by  
Tuesday 4<sup>th</sup> February 2020**

Once WHS receives the completed registration form your student's account will be loaded with their chosen sports and their attached fees. You will then be able to pay online through the parent portal, by internet banking or at student services. ***A copy of the Sports Booklet and Sports Registration Form can also be found on our school website***

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# 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](mailto: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](http://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](http://www.collegesport.org.nz)

## **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**

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

## **Wellington High School Term Dates 2020**

Term 1	29 Jan – 8 Apr
Term 2	28 Apr – 3 Jul
Term 3	20 Jul – 25 Sep
Term 4	12 Oct – 11 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](mailto: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](mailto: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.

## **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 2020**

Summer - Term 1, week 9, 30 March – 3 April

Winter - Term 3, week 7, 31 August - 4 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 or trainings.
- A bond may be charged for some school owned uniforms

## **Sports Registration – Due by Tuesday 4<sup>th</sup> February**

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

- 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 Tuesday 4<sup>th</sup> 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



### **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: \$50.00 per League per term, \$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 – Tuesday 30 June 2020

CSW Junior Finals – Friday 3 July 2020

NZSS Nationals – 31 August – 4 September 2020



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.**

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



## **SUMMER SPORT CODES**

*Summer Sports are run through Terms 1 & 4.*

*It is vital that the students sign up on the sign up sheets outside the Sports Office and return the registration form with payment by Tuesday 4<sup>th</sup> February to be entered in for the start of the season*

## **ATHLETICS**

- Events:           **WHS Athletics Day** is on Friday 14<sup>th</sup> February 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 16<sup>th</sup> February
- AWD Athletics - Tuesday 25<sup>th</sup> February Newtown Park
- Western Zone - Wednesday 4<sup>th</sup> March, Newtown Park
- Regionals - Thursday 12<sup>th</sup> March, Newtown Park
- North Islands - Secondary School Athletics
- Nationals - Secondary School Championships, December

- Uniform:           WHS provides singlets or sports shirts for some events.  
Students provide their own black shorts, suitable shoes and training gear.

## **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** - Tuesday 24<sup>th</sup> March



Bowls fee: **CSW Junior Tournament** - Tuesday 24<sup>th</sup> November  
\$20.00 per competition

## **CRICKET**

Competitions: **Boys:** Saturday 10.00am – 6pm  
(Some Sunday games may occur)  
Terms 1 and 4, Junior & Senior

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 8<sup>th</sup> 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: \$100.00 per person      **No payment NO paddling.**

## **FLOORBALL**

Competition: Floorball College League  
 Thursday afternoons in Terms 1 & 4  
 NZ Champs NZSS Champs 31 August – 4 September 2020  
 Venue: ASB Sports Centre, Kilbirnie  
 Practices: WHS old gym, Monday 5.00-6.30pm,  
 Uniform: equipment is provided  
 Cost: WHS sports shirt, \$40 from Student Services  
 Indoor shoes are preferred. Charges are made league by league. The cost is approx \$45.00 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 to enter your team.*

Futsal is a student driven sport, they coach and manage themselves

Competition: WHS teams compete in the Capital City Futsal girls and boys competitions held in terms 1 and 4  
**CSW Junior & Senior Futsal Championships**  
 11<sup>th</sup> March 2020  
**NZSS Futsal Nationals, ASB Sports Centre, Wellington**  
 30 March – 3 April 2020  
 Uniform WHS Sports Top \$40 from Student Services  
 Venue: ASB Sports Centre, Kilbirnie  
 Cost: \$50 per player per league.  
 Teams will NOT be entered without full payment by all players



## **ROWING**

*Rowing will be run in conjunction with the Star Boating Club in Wellington*

Practices: Saturday or Sunday for 2-3hrs at the Waterfront  
 Costs: \$100 payable directly to Star Boating Club  
*Regatta's will be an additional cost*  
 Competition: **CSW Rowing Champs - Saturday 1 February**



## **TENNIS**

Competition: Tennis is played in Term 1 & 4 on Tuesday afterschool  
Uniform: WHS Sports Top \$40 from Student Services  
Students must supply their own racquet  
Venue: At various schools  
Cost: \$20.00

### **TENNIS LESSONS:**

*We are running a 6 week block course at the Renouf Centre during Term 1 & 4, with a professional Tennis Coach*

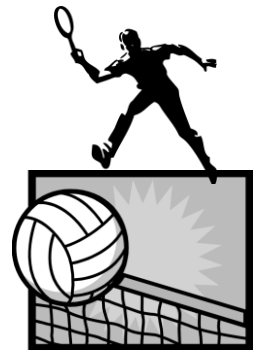
Competition: 6 week block course – Students must have their own Tennis Racquet  
Venue: Renouf Centre  
Cost: \$60.00

### **VOLLEYBALL**

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

- **CSW Senior Tournament** - 6/7th March
- **CSW Junior Tournament** - 6/7th November
- **Senior NZ Secondary Tournament** - 30 March – 3 April

Practices: Lunchtime and after school, days/time TBA  
Uniform: Uniforms are provided to top teams otherwise a WHS Sports Shirt is required, these are \$40 from Student Services  
Players provide own black shorts.  
Cost: \$80.00 (There are additional costs for tournament entry)



### **WAKA AMA**

Competitions: **CSW Waka Ama Championships – TBC**

**Waka Ama Nationals – 30 March – 3 April 2020 in Rotorua**

Venue: Evans Bay

Costs: \$50.00

Tournament Regatta's are additional

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



## **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  
**CSW Junior Badminton Championships – 29<sup>th</sup> July 2020**  
**CSW Open Singles Championships – 12<sup>th</sup> August 2020**
- Equipment: Students need to supply their own racquet. 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 for \$40, black shorts and suitable shoes
- Convenor: Caroline Lewis
- Cost: \$40.00 (plus \$5 per player for Championship entry)



## **BASKETBALL**

*Basketball is offered to girls and boys in both junior and senior levels.*  
***Mouthguards are compulsory***

- Practice: Before school, lunchtime and after school, in the Tindall 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**

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

- Players born in 2007 are in Grade 13 of the 2020 Capital Football competition and must play football for a club team
- Players born in 2006 are in Grade 14 of the 2019 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 turf





Uniform:	All players must provide their own boots, shin pads, and socks Some teams will be issued with WHS uniforms. They will be advised. WHS socks can be purchased at Student Services for \$15
Teams:	Trials will be held for all Football 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:	\$100.00 per player <b>Note:</b> If your child is in a team travelling away to a National Tournament you should expect to pay <b>\$450.00-\$650.00</b>

## **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 turf
Preseason/Trials:	Preseason will start very early in term one. Any player looking for selection into the 1 <sup>st</sup> XI will be required to attend Preseason training, this will be a significant part of the trial process
Uniform:	Full uniforms are provided to the 1 <sup>st</sup> XI. Shirts are provided for all other teams All players must provide their own boots, shin pads, and socks. WHS socks can be purchased at Student Services for \$15
Cost:	\$100.00 per player <b>Note:</b> If your child is in a team travelling away to a National Tournament you should expect to pay <b>\$450.00-\$650.00</b>



## **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
Games:	Girls are usually on Tuesdays, Boys are usually on Thursdays
Cost:	\$110.00



## **NETBALL**

### **2020 Netball Season**

- Collegiate Grades play in Terms 2 and 3
- No games are played Queens Birthday weekend
- See the Netball Wellington Centre for all information regarding 2020 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 14<sup>th</sup> May, ASB Centre Kilbirnie

**CSW Junior A Tournament** - Thursday 6<sup>th</sup> August, ASB Centre Kilbirnie

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

**Lower North Island Tournament** – 31<sup>st</sup> August – 4<sup>th</sup> 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 dates TBC

**Practices:** Will commence in March, dates to be advised. Senior A and B and Junior A usually train twice weekly during the season

**Coaches & Managers:** 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.  
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: \$115.00  
Collegiate Grades 1-3: \$115.00

**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 yet to be confirmed as the WCC is upgrading 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:	Cheyenne Henderson, WHS Rugby Administrator with associated coaches and WRFU Development staff
Uniform:	Shirts supplied. Buy WHS socks from Student Services for \$15 and provide own black shorts, and MOUTHGUARD
Cost:	\$80.00



## **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
Competition:	<b>CSW Squash Championships</b> – 19 <sup>th</sup> August
Equipment:	Racquets are provided. Wear appropriate gear
Cost:	\$30.00

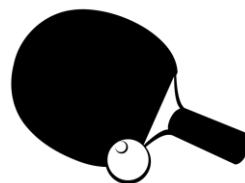


## **TABLE TENNIS**

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 31<sup>st</sup> July  
**CSW Teams Champs** – Friday 7<sup>th</sup> 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: Wednesdays before school from 8.15am to 9.30am

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.*

Cost: As per event  
Competition: PNP mountain bike race series throughout the year  
Students are required to provide own bike and gear  
Equipment: As required for events, (tbc)



## **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



Cost: \$10.00 entry to Fergs. \$4.00 for shoe hire

There will be frequent outdoor rock climbing trips around the Wellington region and climbing Mecca around NZ.  
There will be the option of further instruction in lead climbing and links into the local climbing and tramping club.  
There will be costs involved with outdoor climbing trips and lead climbing training



**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, Simon Russell
- Cost: \$25.00 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: \$10.00 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

### **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.