



HERETAUNGA COLEGE SPORTS HANDBOOK 2018

A Guide to Extra Curricular Sport for Students and their Families

USEFUL CONTACTS:

SPORTS CO-ORDINATOR:

Claire Anderson
Email: andersonc@heretaunga.school.nz
Phone: 027 530 1999

SPORTS ADMINISTRATOR:

Debbie Coetzee
Email: coetzed@heretaunga.school.nz
Phone: 04 939 9370 ext. 868
(Monday and Tuesday only)

The Sports Office is located in the Spine next to the Main Hall. Students are encouraged to call in with any questions they may have. Claire and Debbie are always happy to help. We deal with all extra-curricular Sports Activities.

ACCOUNTS OFFICER (FEES /PAYMENTS):

Ady Ward
Email: accounts@heretaunga.school.nz
Phone: 04 939 9370 ext.: 809

SCHOOL SECRETARY:

Lynda Goodall
Email: goodalll@heretaunga.school.nz
Phone: 04 939 9370 ext.800

If you would like something included in the daily notices contact Lynda in the office, deadline 9.30am each day. We encourage coaches and managers to use this for sharing information.

DRAWS AND RESULTS

The College Sport Wellington App contains up to date draws results and cancellations.

Weekly Draws are displayed on the Notice Board near the Student Reception and also on the School Website.



FACEBOOK - JOIN "HERETAUNGA COLLEGE SPORTS":

This is a closed group for students and families to share sports information and successes. Each sport also has a group e.g. HC Basketball 2018.



INTRODUCTION

Heretaunga College strives to provide a wide variety of enjoyable physical opportunities for our students to participate in. The College actively works in partnership with the local community and relies on assistance from families to provide a programme that meets the needs of the students.

It is encouraged that all junior students play at least ONE sport this year. It may be a winter or summer sport and either social or competitive.

Selection or involvement in extra-curricular activities at any level, requires all students to maintain a satisfactory work ethic and standard of behaviour in the classroom. Failure to do so will result in extra-curricular opportunities being restricted.

Students wishing to play sport for the College must register on the team list and pay the appropriate fees. Fundraising is required for tournaments to help reduce the costs to players. Sport at Heretaunga like other colleges relies on parents, staff and students to coach and manage teams. Volunteering in sport is a rewarding experience that brings the school and community together.

Claire Anderson
Sports Co-ordinator

HOW TO REGISTER FOR SPORT

1. Choose the sports you want to play and check that they do not clash with any other commitments.
2. Think about how much time you have to attend training and matches.
3. Check with your parents / caregivers (or whoever pays the fees) and get them to sign the sports registration form.
 - **Paper - Bring your completed form and payment to the School Office or pay online.**
 - **Online - Complete the online registration from via Google Docs and pay online.**

REGISTRATION DEADLINES

- **Friday 2 February 2018**

This is so we can find coaches and managers for teams. If we cannot offer you a place in a team due to lack of interest then a refund will be given.

GUIDELINES TO PARTICIPATING IN SPORT

Commitment

You will be expected to attend all practices and matches. When you join a team you are expected to be fully committed to that team, attending all games and trainings as required as well as informing your coach / manager if you are unable to attend. If you have commitments to work or other sports, please think carefully about joining the team.

Transport

It is the student's responsibility to arrange transport to training and matches. **We rely on parents to work together and arrange transport.** The School Mini Van is available for teams to use, however bookings are taken on a first come first served basis. If you would like to drive the school van for your sports team, please contact the School Office and complete the Driver Registration Form (Drivers must be aged 20+).

College Sport Wellington Rules

College Sport have a schedule of by laws. The key laws that apply are: -

- Junior Sport is for Years 9 and 10 only.
- Students must be registered with College Sport Wellington.
- Any changes to team lists **MUST** be made to College Sport Wellington **BEFORE** a player can play.
- Students may only be registered in **ONE TEAM PER CODE**.
- Players can't play for a lower graded team than they are registered in.
- If a player plays for a higher graded team on 3 occasions, they are deemed to have moved up to that grade and should be registered accordingly.

FEES AND PAYMENTS

Sports registration fees are required to pay for the costs involved in sport. In general the fees are used to pay College Sport Wellington registration fee, uniform replacement and essential equipment. All costs are kept to a minimum. The College is aware that some families have financial difficulties from time to time and we do not wish to disadvantage any student wishing to play sport. If there are any students with financial difficulties please contact the Sports Co-ordinator in confidence.

Pay before you play

The school has a strict no pay no play policy. Registration fees for a sport or activity must be paid before a student can be involved.

Refunds

All refund requests will only be considered by a written application to the Sports Co-ordinator. Full refunds will only be considered before team lists are completed and sent to College Sport Wellington and other Sporting Organisations.

Any refunds granted will be less **\$10 for administration fee** and any other costs that may be incurred due to the withdrawal. All refunds will be credited to the students school account. This may be used in the first instance to offset any other outstanding co-curricular or curriculum fees or costs. If there are no outstanding fees or costs, any refunds will be returned by cheque or deposited to a nominated bank account.

Full Refunds

- A full refund will be made if the Sports Co-ordinator cannot place a student into a team or a sport.

Refunds will not be made:

1. If a student withdraws without notification to the Sports Co-ordinator after they have been placed in a team.
2. If a student leaves school, is excluded / expelled or stood down during the season.
3. If a student is banned from a sport due to conduct or misbehaviour.
4. If a student withdraws due to over-commitment once the season has started.
5. If a student gains employment during the season and is no longer able to play.
6. If a student changes their mind and does not want to play anymore.

Sports Fundraising and Sponsorship

Various teams undertake fundraising activities to offset the cost of participating in sport. All fundraising activities or sponsorships, using Heretaunga College Sport or a specific sport as an avenue or reason to raise funds, will have these funds remain with sport. Funds raised by individual students will be allocated to them and used for their benefit for as long as they continue with that sport. If they withdraw from that sport any remaining funds may be transferred to another sport. Refund of any personal cash deposits will only be made with a written application to the Sports Co-ordinator.

The Sports Co-ordinator and Finance Manager must be notified of any fundraising activities that benefit sports teams. Any monies raised for Heretaunga College Sport Teams must be paid into the school office where the funds will be held in a specific account for that sports team.

The College encourages sponsorship of sports teams, equipment and uniforms. All sponsorship must be negotiated and approved in advance with the Sports Co-ordinator. There are plenty of opportunities for sponsors to advertise their brand. If you are in a position to sponsor any part of sport at Heretaunga College, please telephone the Sports Co-ordinator to discuss further - we welcome your involvement.

UNIFORMS

Students are given a team uniform to wear for most sports however sports socks and Rugby shorts must be purchased from the uniform shop.

All sports uniforms and equipment provided by the school must be returned to the Sports Co-ordinator immediately at the completion of the season or event. Failure to return gear will result in a replacement fee being charged to your school account. Students are asked to sign a uniform contract and are expected to return the same item after their last game. All clothing items are numbered, students **MUST** keep a record of their numbers. Any items lost or damaged will be charged for in full.

Student Uniform Contract

Students are asked to sign a uniform contract and parents / caregivers are asked to support students in looking after items loaned to them.

1. I will look after the uniform that has been loaned to me and record the item number/code.
2. I will NOT swap my uniform with anyone else.
3. If I need to swap my uniform I will return it to the Sports Co-ordinator.
4. I will return my uniform to the Office within 7 days after my last game.
5. I must wear my uniform for all my games and will wear it with PRIDE.
6. I will return my uniform washed.
7. If I damage or lose my uniform I will have to pay the replacement cost.

First Team Tracksuits

First teams are issued with College tracksuits and these must be worn to all games. They are NOT to be worn as school uniform or for PE.

The College Crest is protected – you can't make your own team gear

Only Heretaunga College sports gear can be worn as official team wear for training or games. Students or parents are not permitted to design / order or purchase team gear. If you require some team wear please liaise with the Sports Co-ordinator who will be happy to arrange a product for purchase.

TOURNAMENTS AND EXCHANGES

First teams in Hockey, Football and Netball are expected to attend New Zealand Secondary Schools Winter Tournament Week.

- **Winter Tournament Week** - **3 to 7 September 2018**

Traditionally the College has a winter sports exchange with Upper Hutt College and in 2014 we established one with Horowhenua. These usually include Basketball, Football, Hockey, Netball and Rugby.

- **Horowhenua Exchange (home)** - **10 May 2018**
- **Upper Hutt College Exchange (away)** - **28 June 2018**

SPORTS ACHIEVEMENTS AND AWARDS

Regional and National Representative Players

Students and parents are responsible for letting the Sports Co-ordinator know if they are in a Regional or National Representative team. During the course of the year there are a number of occasions where the school recognises the sporting achievements of its students. This applies equally to all sporting codes. Any students who are participating at a Regional or National level, particularly in minor codes, should notify the Sports Co-ordinator.

Students representing sport at a National or International level, will be presented with a Heretaunga College Achievers Tie at assembly. They will also receive a "Sports Blue" (Cup) which will be presented at the Sports Awards.

Heretaunga College Sports Awards

The College Sports Awards this year will be held at the beginning of Term 4. This is an occasion where school sports achievements are recognized and awards are presented. The event is for students, parents, coaches and volunteers who participated in sport this year.

College Sport Wellington Sports Person of the Year

The School makes nominations to the annual awards for each sport. The school is given a limited number of seats at the awards dinner for our students to attend. Preference for tickets will be given to finalists, then senior students followed by nominated students.

VOLUNTEERS

Coaches, Managers and Umpires

Sport at Heretaunga College relies heavily on the time given by staff, parents and students. We can only run sports teams if we have coaches, managers, umpires and code conveners. Below are a list of positions available for the coming year. We encourage parents and caregivers to be actively involved with sport at Heretaunga College. If you feel you can give some time to help with sport, please complete the volunteer form at the back of the book. All sports volunteers are required to be police vetted.

Student Coaches – Education and Training

Senior students are encouraged to coach a junior team if they have an interest in this area. They will be supported by adult mentors to help them with their role. College Sport Wellington have organised student coaching courses which cover basic skills plus sport specific skill sessions.

- **Summer Codes 20 February 2018** (Cricket, Futsal, Touch, Volleyball)
- **Winter Codes 9 April 2018** (Basketball, Hockey, Football, Rugby)

Fundraising Co-ordinator (Tournament Week)

Each sport requires a Fundraising Co-ordinator to assist with fundraising for Tournaments. We are seeking Co-ordinators for Prem 1 Netball, Hockey Boys 1st XI, Hockey Girls 1st XI, Football Girls 1st XI and Football Boys 1st XI. Please contact the Sports Co-ordinator if you are able to assist.

CODES OF BEHAVIOUR

Players Code

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

Coaches / Managers Code

1. Set positive and appropriate guidelines and behavioural standards for yourself and your athletes on and off the playing arena. This includes refraining from swearing and making any inappropriate comments or gestures.
2. Set high standards and promote the need for punctuality, discipline and commitment.
3. Take responsibility for your players' conduct both on and off the playing arena.
4. Instil a sense of pride and respect in players' performance.
5. Treat all players, including the opposition, with dignity and respect.
6. Demonstrate positive examples of sportsmanship at all times.
7. Respect and accept the judgement and decisions of officials without remonstrating.

Parents Code

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

Supporters Code

1. Encourage all participants to play within the rules of the game.
2. Display self-control on the side line.
3. Show appreciation to coaches and officials who facilitate the game – without them – no game.
4. Remember young people play sport for their satisfaction not yours.

Officials Code

1. Control the game in a fair and positive manner.
2. Be consistent and objective in your rulings.
3. Modify your approach to suit the level of player skill.
4. Help players learn the rules by explaining decisions where appropriate.
5. Do what you can to make sure that everyone enjoys the game.
6. Encourage fair play and do not tolerate foul play of any kind.
7. Be a positive role model.

SPORTS AVAILABLE AT HERETAUNGA COLLEGE

At Heretaunga College we try to cater for the varied interests of our students. We regularly enter teams into College Sport competitions for the following sports.

- Badminton
- Basketball
- Bowls
- Cricket
- Cross Country / Road Running
- Dragon Boating
- Equestrian Team
- Football
- Hockey
- Netball
- Rugby Union
- Rugby Sevens
- Touch
- Volleyball

If you have a particular interest outside of the mainstream sports offered, please see the Sports Co-ordinator. We encourage you where possible, to represent the school if school competitions are offered within the sport. In addition we would like to acknowledge your sporting achievements outside of school. Examples would include marching, darts, karate etc.

ATHLETES WITH DISABILITIES

Special Olympics

Students with intellectual disabilities are given the opportunity to participate in the Special Olympics programme. This programme provides year-round sports training and athletic competition in a variety of sports such as Athletics, Swimming, Football, Basketball, Tenpin and Indoor Bowling, and Sailing.

Sports Available

- Term 1 Athletics and Regional Athletics
- Term 2 Football, Cross Country, Ten-Pin Bowling
- Term 3 Indoor Bowls, Basketball
- Term 4 Swimming

College Sport Wellington - Tournaments for Athletes with Disabilities

- Athletics
- Cross Country
- Ten-pin Bowling
- Indoor Bowls
- Swimming

For more information contact Kathy Yates in the Learning Resource Centre.

Email: yatesk@heretaunga.school.nz

Phone 04 939 9370 Ext. 849

ATHLETICS

Heretaunga College holds a school Athletics Day where all students are required to participate. Trophies are awarded for the students with the most points throughout the day. We have 6 Trophies for the highest performing boys and girls for U14, U16 and Senior Students.

Students who enjoy athletics are also invited to represent the school at the Hutt Zone Athletics event, competing against other schools in the Hutt Valley. The top performing students are then invited compete in the Wellington Regional Championships and then North Island Championships. Serious athletes are encouraged to attend the NZSSAA Championships in December.

COMPETITIONS

- School Athletics Day Wednesday - 28 February 2018 (School).
- Hutt Valley Athletics Competition - 8 March 2018 (Newtown Park, Wellington).
- CSW Regional Athletics Champs - 15 March 2018 (Newtown Park, Wellington).
- North Island Secondary School Championships – 6 to 8 April 2018.(Taupo)
- NZSSAA Track, Field and Road Race Championships -30 Nov. to 2 Dec. 2018.

UNIFORM

- School Athletics Day - Clothing (house colours) suitable for competing in.
- Hutt Zone - Singlet provided by the College.
- Regional Event - Singlet provided by the College.
- North Island Event - Wellington Athletics Vest.
- Nationals – School Athletics singlet and Tracksuit (Provided by College).

HUTT ZONE ATHLETICS EVENT – ENTRY

- Please complete the Hutt Zone Athletics Registration from before 31 January. Forms are available online, or at the student office. Cost - \$16

NORTH ISLAND AND NATIONAL EVENTS

- North Island and National events are all at athletes own expense. Parents are required to accompany students.

FOR STUDENTS NEW TO THE SCHOOL

- If you are new to the school and would like to be considered for the Wellington Secondary School Athletics Team to attend the Lower North Island event, please register your interest by emailing andersonc@heretaunga.school.nz . by 31 January 2018.

It is the parent's responsibility to make arrangements for travel and any accommodation required. Students are required to purchase the Wellington Athletics Vest from College Sport Wellington and also to attend a pre event information evening.

BADMINTON – JUNIORS (YEAR 9 AND 10)

YOUTHTOWN BADMINTON PROGRAMME

\$10

Youthtown Badminton Programme for Year 9 and 10 students. Recommended for Beginner and Intermediate Badminton players This will consist of an 8 week programme focusing on basic skills and progressing students to being confident in playing and scoring games. This programme is located in the School Sports Centre so no transport is involved. Students are also encouraged to enter the College Sport Wellington Competition providing they have a parent team manager and transport to games.

- **Date:** Monday 3.30pm to 4.45pm.
- **Venue:** Sports Centre.
- **Cost:** \$10.
- **Transport:** None required.
- **Dates:** 7 May to 2 July 2018 (8 weeks).

COLLEGE SPORT WELLINGTON JUNIOR COMPETITION

\$15

Recommended for intermediate and advanced players who are comfortable with the rules of the game and understand how to score. This is a Hutt Valley competition and transport is required to and from games.

- **Competition Day:** Thursday – 4.00pm to 5.30pm.
- **Venue:** At various schools in the Hutt Valley (Home and away).
- **Cost:** \$15.
- **Uniform:** PE Uniform must be worn.
- **Transport:** required to and from games.
- **Equipment:** Shuttle cocks provided - Students encouraged to buy their own racket. A limited number of rackets are available to borrow.
- **Season:** 3 May to 9 August 2018 (13 Weeks).
- **Training:** We encourage players in this competition to also join the Youthtown Badminton programme for training purposes or train at a lunchtime in the sports centre.

PARENT HELP

We need coaches, managers and umpires for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

BADMINTON – SENIORS (YEAR 11 TO 13)

\$25

Badminton is available for players of all abilities however students must know the rules of the game and how to score. Teams consist of 4-6 players and play in the Hutt Valley College Sport Competition.

TRAINING

- Monday 5.00pm to 6.00pm.
- Sports Centre.

COMPETITIONS

- Seniors - Friday 4.00pm to 6.00pm – at various schools in the Hutt Valley.

UNIFORM

- PE Uniform must be worn for games, seniors are expected to buy PE Shorts from the Uniform shop if they do not take PE. (PE Tops can be borrowed if required).

EQUIPMENT

- Shuttles provided - Students encouraged to buy their own racket. A limited number of rackets are available to borrow.

COST

- \$25

SEASON

- Terms 2 and 3 - 4 May to 17 August 2018

PARENT HELP

We need coaches, managers and umpires for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help

BASKETBALL

\$65

Depending on numbers and availability of coaches, the College enters a Senior and Junior Boys and Girls team in the College Sport Wellington League.

TRAINING

- To be advised once teams are selected.
- Sports Centre.

COMPETITIONS

- Seniors - Friday evenings 6.00pm to 9.00pm.
- Juniors - Tuesday evenings 5.30pm to 7.00pm.
- College Sport Wellington, Junior Finals, Tuesday 28 August 2018.
- College Sport Wellington, Senior Finals, Friday 31 August 2018.

VENUES

- Weekly Competitions School Sports Centre – home and away in the Hutt Valley.
- Premier Teams @ ASB Sports Centre, Kilbirnie.

TRANSPORT

- Students need to make their own transport arrangements.

UNIFORM

- Seniors – singlet and shorts provided by the College.
- Juniors - singlet (provided by the College) and PE shorts.

COST

- \$65.00
- First Team Levy \$35 (charged on selection).

Players selected for the senior A Team are required to pay an additional \$35 & this is payable after the team selection. It is used to cover the additional expenses charged by College Sport Wellington for Senior Premier and Senior Division 1 Teams.

SEASON

- Terms 2 and 3.

PARENT HELP

We need coaches, managers and referees for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

BOWLS (LAWN)

\$10 PER TERM

All ages are welcome to play and coaching is available at the local Bowling Club. No previous experience is required & members of the bowls club will introduce you to the game.

TRAINING

- TBA.

COMPETITIONS

- All levels – Thursdays 4.00pm.
- College Sport Wellington Open Singles / Pairs Championships - 13 March 2018.
- College Sport Wellington Bowls Junior Tournament – 27 November 2018.

VENUE

- Upper Hutt Bowling Club.

TRANSPORT

- Students will make their own arrangements. Students usually get the bus to Upper Hutt Bowling Club.

UNIFORM

- PE top and shorts.
- White socks and clean lace up sports shoes.

COST

- \$10.00 per term.

SEASON

- Terms 1 and 4.

PARENT HELP

We need coaches & managers for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

CRICKET

BOYS \$45

GIRLS \$15

BOYS: The College will enter a year 9 /10 Team into the CSW competition. All coaching is provided by a Cricket development Officer. Cricket is played in Term 1 and Term 4.

GIRLS: We have two Girls Cricket Teams, one Junior & one Senior, which will be coached by Justine Dunce, Women's Cricket Development Officer.

TRAINING

- **BOYS:** Thursdays after school.
- **GIRLS:** Tuesdays morning break time @ school.

COMPETITIONS

- Boys - Saturday 20 /20 grades play in a 3 hour window, 12.00pm – 3.00pm or 3.00pm – 6.00pm (Term 1 and Term 4).
- Girls – Thursdays 4.00pm – 7.00pm (Term 1 only).

VENUES

- Various grounds in the Hutt Valley and Wellington Region.

TRANSPORT

- Students to make own arrangements.

UNIFORM

- School PE Kit and sneakers.
- Cricket bat, pads, gloves and helmet may be provided by school if necessary.

COST

- Boys - \$45.
- Girls - \$15.

SEASON

- **BOYS:** Term 1 and Term 4.
- **GIRLS:** Term 1 only.

PARENT HELP

We need coaches and managers for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

CYCLING

\$15

New for 2018 we have a school cycling club after school. Skills sessions will be based at the school grounds and local rides will depart from school. Student are required to bring their own bike.

We will then encourage students to join regular community group rides on and off road. Local parents will be starting a local kids group ride on Saturday Morning 8.00am Group road ride meet at HIBS. Note: this will change to Sundays for the Winter Sport season so students can still participate in school sport.

TRAINING

- Monday after school 3.30pm to 4.30pm meet outside the Sports Centre.

COMPETITIONS

Mountain Biking:

- PNP Mountain bike races.
- College Sport Wellington Mountain Bike Championships - Sunday 4 March 2018.

Road Cycling

- College Sport Wellington Road Cycling Champs – Sunday 16 September 2018.

Track Cycling

- PNP Weekly Track Racing.
- National Track Championships TBA.

UNIFORM

- Cycling Mufti or School PE uniform for events.

COST

- \$15

SEASON

- Term 1 and Term 4.

PARENT HELP

Please let us know on the registration form if you are available to help.

CROSS COUNTRY/ROAD RUNNING \$10/ EVENT

There is no regular weekly competition held for this sport though we do enter individuals and teams in the events below. There are events for boys and girls as individuals or in teams of 3 to 6. There are Junior, Intermediate or Senior grades.

TRAINING

- Students are encouraged to do their own training.

COMPETITIONS

- School Cross County, - Tuesday 8 May 2018.
- College Sport Wellington Championships, - Wednesday 30 May 2018.
- NZSSAA Cross Country - 16 to 17 June 2018 at Taupo.
- College Sport Wellington Road Race Championships, - Wednesday 8 August 2018.
- NZSSAA Road Race Championships at Hastings - 30 November to 2 December 2018 Dunedin.

UNIFORM

- PE shorts.
- School singlet provided when representing the school.

VENUES

- Trentham Memorial Park.

COSTS

- \$10 will be charged to students competing in the Interschool Cross Country events.
- Additional costs will be involved in attending local and National competitions.

SEASON

- Term 2 (Cross Country) and Term 3 (Road Race).

PARENT HELP

We rely on parent involvement and are looking for a coach to run training sessions. A Minivan driver is required to take students to events. Please let us know how you can help on the form provided.

DRAGON BOATING – 2018/19

\$160

The College enters two mixed teams to compete in the annual Secondary Schools Dragon Boat Festival held on the harbour along Wellington's Waterfront. The season starts in Term 4 and continues to March the following year. Students must attend Dragon Boat training sessions in Term 4 and attend the Henley Lake Pre-Season Regatta at the end of November. Fitness training continues during the holidays and then on water training starts in February. Transport is provided by bus to all events and Wellington training sessions. Dragon Boating is open to students in Year 10, 11 and 12 this year. See Mr Pearson for more information.

TRAINING

- Tuesdays and Thursdays fitness training after school.
- Monday and Wednesday (on water training in Wellington. February only).

COMPETITION

- Saturday - Last week in November or first week in December 2017 – Henley Lake, Masterton.
- Saturday - last week in February 2019 – Round the Fountain – Harbour Fun Day, Wellington.
- Sunday - second week in March 2019 – Wellington Dragon Boat Festival, Wellington.

UNIFORM

- College singlets and PE Shorts.
- Students are required to wear a poly prop to all on water trainings.
- Knee pads are recommended.

VENUES

- On water trainings will be along waterfront.

COSTS

- 2018/19 Season (training starts Term 4) \$160
- Singlet (optional purchase) \$50

SEASON

- Term 1 and Term 4.

PARENT HELP REQUIRED

We need managers for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

EQUESTRIAN

The College currently has 4 riders who compete in the Interschool Dressage and Show Jumping competitions. Details are released throughout the year. These competitions are available for students with their own competition horse. Please register your interest with the Sports Office.

COMPETITIONS

- March - St Matthew Interschool Equestrian Event.
- April - Paraparaumu College Interschool Equestrian Event.
- October - Solway College Interschool Dressage Competition.

COSTS

- Students to pay individual entry fees as required.

FLOORBALL

\$55 PER TERM

The College currently has 2 successful Floorball teams, our Junior Boys Team won the Hutt Valley Open competition and the girls placed 4th. We have 2 players who have been selected for New Zealand teams and are travelling overseas in 2018.

TRAINING

- The teams train at Upper Hutt YMCA on a Wednesday night.

COMPETITIONS

- College Sport Wellington - Mates Grade -Thursdays 5:00pm-7:30pm.
- College Sport Wellington - Premier Grade - Thursdays 5:00pm-7:30pm.
- Floorball Nationals - Saturday 24 & Sunday 25 March 2018 @ Wellington.

VENUE/S

- All games are played at ASB Sports Arena in Wellington.

UNIFORM

- Students wear PE uniform.
- Goal keeping gear will be provided by Upper Hutt Floorball Club.

EQUIPMENT

- All sticks will be provided by Upper Hutt Floorball Club.

COST

- \$55 (per Term).

SEASON

- Two separate competitions, one in Term 1 & another in Term 4.

PARENT HELP REQUIRED

We need coaches and managers for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

FOOTBALL

\$65

The College has 4 football teams – Boys U15 (Year 9 and 10), Boys 1st XI, Girls 1st XI and Girls 2nd XI.

TRAINING

- Monday – Girls.
- Tuesday – Boys.

COMPETITIONS

- Boys – Saturdays (Junior Divisions kick-off 9.00am & 11.00am).
- Girls 2nd XI - Tuesday after school from 4.00pm.
- Girls 1st XI - Wednesday after school from 4.00pm.

VENUE/S

- Throughout Wellington, home and away fields.

UNIFORM

- Tops and shorts provided by the College for use during the season.
- Socks to be purchased from the College.
- Shin pads and boots required.

COST

- \$65.
- First Team Levy \$35 (charged on selection).
- Additional costs for Tournaments.

SEASON

- Terms Two and Three.

PARENT HELP REQUIRED

We need coaches, managers & referees for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

FUTSAL

\$40 PER TERM

Futsal is available for Juniors & Seniors. It is played in Term 1 and Term 4 in two separate competitions. We currently have a Senior and a Junior team playing in the Hutt Valley league.

TRAINING

- TBA.

COMPETITIONS

- College Sport Wellington Hutt Zone League.
- College Sport Wellington Futsal Championship - Wednesday 14 March 2018.

VENUE/S

- Futsal is played at Walter Nash Stadium on Fridays between 4:00pm – 8:00pm.

UNIFORM

- Tops provided by the College for use during the season.
- Socks & shorts to be purchased from the College.
- Shin pads required.

COST

- \$40.00 per term.

SEASON

- Terms 1 & Term 4.

PARENT HELP REQUIRED

We need coaches and managers for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

GOLF FOR BEGINNERS

\$65

LEARN TO PLAY GOLF:

This is a new initiative only available to Year 9 students. Aimed at beginners, the group will receive 6 weeks of golf coaching. The College has established a partnership with Silverstream Golf Club and lessons will be provided by NZPGA Golf Pro Mathew Lane.

VENUE: Silverstream Golf Centre.

DATE: Term 1 Wednesday's starting Wednesday 13th February 2018.

TIME: 3.45pm – 4.45pm.

COST: \$60

TRANSPORT: Transport provided in the school van.

TEACHER IN CHARGE:

- Teacher in charge: Ms Pike (HOD Science).

GOLF FOR EXISTING PLAYERS

Any Golfers who have a handicap, should contact the Sports Office and register for College Sport Wellington Golf Competitions. The College Sport Wellington Golf Open is on Tuesday 10 April 2018.

HOCKEY

\$135

Hockey is strong at Heretaunga and we have 6 teams. Skill and fitness is emphasised, as well as learning to play a smarter game. A number of our students are now being selected for Hutt Valley and Wellington representative teams. First teams usually attend Winter Tournament Week.

TRAINING

- All teams - Monday after school.
- Boys 1st XI - Monday and Wednesday.

COMPETITION

- Boys 1st XI – Wednesday.
- Boys 2nd XI – Thursday.
- Girls 2nd XI – Tuesday.
- Girls 1st XI – Thursday.
- .

VENUE/S

- National Hockey Stadium, Fraser Park Hockey Stadium, Elsdon Turf and Maidstone Park.

EQUIPMENT

- Hockey stick, mouth guard, shin pads.

UNIFORM

- Playing top provided by the College.
- Socks and shorts to be purchased from the College.
- Girls – Dress is provided for First XI.
- Remaining teams wear PE uniform.

TRANSPORT

- Students to make own transport arrangements.

COSTS

- All Teams \$135.00.
- First Team Levy \$35 (charged on selection).

SEASON

- Terms 2 & 3.

PARENT HELP

We need coaches, managers and referees for this sport. Transport is required at all venues. Please let us know on the registration form if you are available to help.

NETBALL

\$90

Heretaunga College has a number of teams playing in the Hutt Valley Schools Netball Competition. Some players have been selected for the U15 and U17 Representative Teams.

TRAININGS

- Once per week –usually after school, depending on court availability and coaches' preference.

TRIALS

- Trials will be held in late February. Details will be posted on the Sports Notice Board near the student office.

UNIFORM

- Netball dress provided by the College.
- White socks & clean sneakers with appropriate support for on the court.

COMPETITIONS / VENUES

- Premier 1 – Monday evening at St Oran's College.
- All other teams – Saturdays at Taita Courts.
- **NOTE: Netball clashes with Kapa Haka. Students should not choose Netball if they are doing Kapa Haka as they will miss a large number of games.**
- Premier 1 Tournament – Thursday 17 May 2018.
- CSW Junior Tournament – Thursday 9 August 2018.
- Lower North Island Netball Tournament (Premier 1) – 3 to 7 September 2018.

TRANSPORT

- Students to make own transport arrangements.

COSTS

- \$90.00.
- Premier 1 Team Levy: \$35 (charged on selection).

SEASON

- Terms 2 & 3.

PARENT HELP

We need coaches, managers and Umpires for this sport. We are also looking for a Fund Raising Co-ordinator to assist with tournament costs. Transport is required to all venues. Please let us know on the registration form if you are available to help.

RUGBY SEVENS

\$20

College Sport Wellington offer a Rugby Sevens Programme for both Boys and Girls Open Teams.

TRAINING

- TBA (at School).

COMPETITIONS

- Hutt Cup Sevens - September 2018.
- U/15 Rugby Sevens.
- Regional Rugby Sevens Champs (Condor qualifying) - September 2018.

VENUE/S

- Throughout greater Wellington region.

EQUIPMENT

- Mouth guard **MUST** be worn at both training and games.
- Student must purchase own rugby boots.

UNIFORM

- Jersey (provided by the College).
- Shorts and socks will be available to purchase from the Uniform shop.
- Mouth guard.

TRANSPORT

- Students to make own transport arrangements.

COSTS

- \$20

SEASON

- Term 4 only.

PARENT HELP

We need coaches and managers for this sport. Transport is required at all venues, parents are expected to help with transport. Please let us know on the registration form if you are available to help.

RUGBY UNION

\$75

For the 2018 there are exciting changes for rugby at Heretaunga College, with new coaches and a new management structure. There will be a First XV and Under 65 kg team. Teams are selected on weight, age, and commitment. Students will be weighed by a WRFU representative in Term 1.

TRAINING

- Pre-season training will commence in Term One. Teams usually train twice weekly after school on Tuesdays and Thursdays.

COMPETITIONS

- College Sport Wellington Competition played on Saturdays.
- Pre-season games are organised by the School Rugby Co-ordinator (Mr Pearson).

VENUE/S

- Throughout greater Wellington region, home & away fields.

EQUIPMENT

- Mouth guard **MUST** be worn at both training and games.
- Student must purchase own rugby boots.

UNIFORM

- Jersey (provided by the College).
- Shorts and socks will be available to purchase from the Uniform shop.
- Mouth guard.

TRANSPORT

- Students to make own transport arrangements.

COSTS

- \$75

SEASON

- Terms 2 and 3.

PARENT HELP

We need coaches and managers for this sport. Transport is required at all venues, parents are expected to help with transport. Please let us know on the registration form if you are available to help.

TOUCH

\$30

We have developed strong Junior Boys and Girls Teams over the past 2 years. We welcome new junior players who are committed to training and games.

TRAINING

- Monday or Wednesday after school.

COMPETITIONS

- College Sport Wellington Hutt Valley Secondary School Competition – Tuesdays at Fraser Park.
- College Sport Wellington Junior Tournament – Thursday 15 November 2018.
- College Sport Wellington Senior Tournament – 21 February 2018.

VENUE/S

- Fraser Park.

UNIFORM

- PE top and PE shorts (not black shorts).
- White socks and sneakers or touch boots.

TRANSPORT

- Students to make own transport arrangements.

COSTS

- \$30

SEASON

- Juniors Term 1 and Term 4 –this is a 3 week competition per term with 2 games per night played.
- Seniors Term 1 only.

PARENT HELP

We need coaches and managers for this sport. Transport and supervision is required at all venues. Please let us know on the registration form if you are available to help.

VOLLEYBALL – SENIORS

\$40

Competing in the local Wellington Schools League, teams will be entered in Term 1 and Term 4 depending on numbers interested and coaches available.

TRAINING

- Seniors - Monday after school - Girls and Boys.

COMPETITIONS

- Juniors - Wednesday between 4:00pm – 6:00pm.
- Seniors - Friday between 4:00pm – 6:00pm.
- College Sport Wellington Senior Tournament – Friday 2 March – Saturday 3 March 2018 at ASB Sports Centre, Wellington.

VENUE/S

- School, home and away within Hutt Valley.

TRANSPORT

- Students to make own transport arrangements.

UNIFORM

- Singlet issued by College and shorts.
- White socks and clean lace up sports shoes.

COST

- \$40

SEASON

- Terms 1 and 4.

PARENT HELP

We need coaches and managers for this sport. Transport is required at all venues. Please let us know on the registration form if you are available to help.

VOLLEYBALL – JUNIORS

\$20 / \$10

In Term 1 Year 9 and 10 students will have an introduction to Volleyball delivered by Youthtown. They will receive 4 weeks of introductory coaching and then students will have 4 weeks of games. This will ensure that all juniors pick up the basic skills of the game and understand the rules. In Term 4 students will be placed into teams and will participate in the College Sport Wellington Competition.

TERM 1

- Sessions will run from 3.30pm to 4.45pm (All Sessions will be at Heretaunga College Sports Centre).

COMPETITIONS

- College Sport Wellington Junior Tournament - Friday 9 November – Saturday 10 November 2018 - ASB Sports Centre, Wellington.

TERM 4

- College Sport Wellington Competition will be on Wednesday 4:00pm – 6:00pm.

VENUE/S

- School, home and away within Hutt Valley.

TRANSPORT

- Students to make own transport arrangements.

UNIFORM

- Term 1 - School PE kit.
- Term 2 - Singlet issued by College and school PE Shorts.

COST

- Term 1 only \$10 (Youthtown introduction to Volleyball Programme).
- Term 4 only \$20 (College Sport Wellington Competition).

SEASON

- Terms 1 and 4.

PARENT HELP

We need coaches and managers for this sport. Transport is required at all venues in Term 4. Please let us know on the registration form if you are available to help.

SPORTS PLANNER

Note to Students and Parents

Please check this plan for potential clashes. Please think about any other commitments you may have within school or outside of school. Practices are involved with team sports. If you sign up for a sport, it is expected that you are able to attend the practice sessions.

Summer (Term 1 and 4)

Day	Sport Competition (Inter School)	Training (if known)
Monday		Dragon Boating
Tuesday	Touch (Senior* / Junior) Volleyball Youthtown	Girls Cricket
Wednesday	Volleyball (Junior)	Dragon Boating Floorball
Thursday	Girls Cricket* Lawn Bowls Floorball	Boys Cricket
Friday	Futsal Volleyball (Senior)	
Saturday	Boys Cricket Rugby Sevens	
Sunday		

*Note Senior Touch and Girls Cricket are played in Term 1 only.

Winter (Term 2 and 3)

Day	Sport Competition (Inter School)	Training (if Known)
Monday	Premier 1 Netball	Badminton Hockey (All Teams) Girls Football
Tuesday	Basketball (Junior Teams) Girls Football (Second X1) Hockey (Girls Second X1)	Rugby Boys Football Girls Basketball
Wednesday	Girls Football (First XI) Hockey (Boys First XI)	Boys Basketball
Thursday	Badminton (Junior Teams) Hockey (Boys Second XI) Hockey (Girls first XI)	Rugby Boys Football TBA Boys Basketball
Friday	Badminton (Senior Teams) Basketball (Senior Teams)	
Saturday	Netball Boys Football Rugby	

SPORTS UNIFORM CONTRACT 2018

All students are required to sign a uniform contract when borrowing sport uniform. Non returned items are charged to the students account therefore it is important that student do not swap their uniform with friends.

Name: _____ PRIDE Group: _____

Team: _____

Uniform Issued:

Item	No	Item	No
Athletics Singlet		Hockey Dress	
Badminton Shirt		Hockey Shirt	
Basketball Shirt		Hockey Shorts	
Basketball Short		Netball Dress	
Dragon Boat Singlet		Touch Singlet	
Football Shirt (boys)		Volleyball Singlet (Boys)	
Football Shirt (girls)		Volleyball Singlet (Girls)	
Football Shorts (boys)		Tracksuit Top	
Football Shorts (girls)		Tracksuit Pants	
Futsal Shirt		Gear Bag	

By signing this contract I agree to:-

1. Look after the sports uniform that has been loaned to me and record the item number or code.
2. I will NOT swap my uniform with anyone else.
3. If I need to swap my uniform I will return it to the Sports Co-ordinator.
4. I will return my uniform to the Office within 7 days after my last game.
5. I must wear my uniform for all my games and will wear it with PRIDE.
6. I will return my uniform washed.
7. If I damage or lose my uniform I will have to pay the replacement cost.

Signed (Student): _____

Date: _____

SPORTS COACH / MANAGER VOLUNTEER FORM

We need help with managing and coaching our teams this year. If you think you could help please complete the form below. For more information about College Sport Teams please contact Claire Anderson, Sports Co-ordinator, 021 530 1999 or email andersonc@heretaunga.school.nz

I am interested in managing / coaching / umpiring for a Heretaunga College Sports Team this year.

Name: _____

Phone Number: (Home) _____ (Mobile): _____

Email Address: _____

SUMMER SPORTS

- | | | |
|----------------|--------------------------|---|
| Athletics | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Bowls | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Cricket | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Dragon Boating | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Floorball | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Futsal | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Golf | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Touch | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Volleyball | <input type="checkbox"/> | coach / manager / umpire / minivan driver |

WINTER SPORTS

- | | | |
|--------------|--------------------------|---|
| Badminton | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Basketball | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Hockey | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Football | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Netball | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Rugby | <input type="checkbox"/> | coach / manager / umpire / minivan driver |
| Rugby Sevens | <input type="checkbox"/> | coach / manager / umpire / minivan driver |

Other sports please state: _____

Please return this form to the school office at the start of Term 1