



HERETAUNGA COLLEGE SPORTS HANDBOOK 2024

A guide to Extra Curricular Sport for students and their families

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GENERAL INFORMATION

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. It may be a winter or summer sport and either participation based 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 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.

Communication

Contact the sports office on:

Email: sports@heretaunga.school.nz

Phone: (04) 939 9370

Social media

The sports office operates Facebook and Instagram pages so follow Facebook <https://www.facebook.com/HeretaungaCollegeSport> or [Follow us on Instagram HeretaungaCollegeSport](#)

Updates on programmes, photos and general information will be posted.

Some sports such as netball and dragonboating have their own social media pages and these will be confirmed when team's selections are finalised.

Useful information

There are some useful websites that will assist with sports. College Sport Wellington website is <https://collegesport.org.nz/>. You can also download the College Sport Wellington App or follow them on Facebook <https://www.facebook.com/Collegesportwellington>; for information such as cancellations, draws and current news.

Several sports have their own websites and Facebook pages which we would also recommend you follow.



Registration

The process for sports registration at Heretaunga College is detailed below:

1. **Choose** the sports you want to play.
2. **Check** it does not clash with any other commitments.
3. **Think** for competitive teams do you have time to attend training and matches.
4. **Ask** whoever pays the fees if it's ok to pay.
5. **Register** by asking your parent or caregiver to follow the registration process on SchoolBridge.
6. **Payments** can be made at the school office or online.

Registrations due

Registration deadlines for all **weekly sports** are:

Summer sports (Term 1)	Monday 5 February 2024
Winter sports (Terms 2 & 3)	Friday 8th March 2024
Summer sports (Term 4)	TBA in term 3 2024

This is so we can find coaches and managers for teams and register the teams with College Sport Wellington.

For **one off events** if you have expressed an interest, you will receive an email within a month of the event confirming final details and seeking commitment.

Please note that all dates detailed in this booklet are those outlined at the time of issue, December 2023. Some changes may occur due to unforeseen circumstances, for example COVID 19 disruption or weather events.

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, transport in the school van 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. Payment of the sports fees can be made on a payment plan; to arrange a payment plan you will need to make contact with our accounts team on accounts@heretaunga.school.nz.

Refunds

All refund requests will only be considered by a written application to the Sports Co-ordinator on a case-by-case basis.

Any refunds granted will be less **\$10 administration fee** and any other costs that may be incurred due to the withdrawal. All refunds will be credited to the student's 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. 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.

Student uniform

In most cases students will be issued with a uniform to be returned at the end of the playing season for the sport. In some cases, students will need to wear their PE uniform or a particular code specific uniform. This will be confirmed with the team selection details circulated prior to the first sports fixtures.

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.
8. I will not wear my sports uniform during school hours.

Sports available at Heretaunga College

At Heretaunga College we try to cater for all abilities. Sports are offered in two ways:

1. Sports played in a weekly basis normally arranged by College Sport Wellington (Weekly sports on page 6)
2. One-off sports events/tournaments arranged through College Sport Wellington and longer tournaments such as those arranged by regional sporting bodies such as Winter Tournament (One-off sports on pages 24-26).

We can offer competitive and social opportunities based on how the student wishes to participate in sport. We encourage students to play sport with their friends and be involved in team management for social sport. Sport is good for people in many ways; some for competitive challenge and others for the fitness and the social benefits it provides.

Volunteer support

To have a good sporting experience students need to be supported by a team of people including the sports office, coaches, and managers. If any person can assist with coaching, managing, supervising, or transporting students for sport please email us at sports@heretaunga.school.nz.

HERETAUNGA COLLEGE SPORTS CODE OF CONDUCT

Code of Behaviour

Players Code

1. Play to the best of your ability, but within the rules of the game
2. Recognise and respect the abilities and disabilities of others – both teammates and 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. Sets high standards and promotes 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 remonstrations

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

WEEKLY SPORTS 2024

Terms 1 and 4

- Bowls
- Cricket
- Floorball
- Futsal
- Volleyball
- Touch (term 1 seniors and term 4 juniors only)

Term 2 and 3

- Badminton
- Basketball (social term 2 only)
- Football
- Hockey
- Netball
- Pickleball (term 2 only)
- Rugby Union
- Table tennis (term 2 only)

Participation programmes

- Term 1 Youthtown Archery
- Term 3 Youthtown Volleyball
- Tough Guy and Gal
- Term 2 and 4 Youthtown Her Move

Badminton

Badminton is available for players of all abilities. Teams consist of 4-6 players and play in the Hutt Valley College Sport Competition. Juniors (Year 9 and 10) play on a Thursday evening and Seniors (Year 11 to 13) on a Friday evening. Any team can attend practise. For social players, we encourage students to select their own social teams with friends.

When is it?	
Term	Term 2 and Term 3
Dates	Junior badminton starts 9 May Senior badminton starts 10 May Note: some junior badminton teams finish at the end of term 2
Training	Training days TBC Social teams will be placed in grades with teams in the Upper Hutt area as much as possible and players are encouraged to play with their friends.
Competition	Juniors Thursday 4.00pm to 6.00pm / Seniors Friday 4.00pm to 6.00pm
Where is it?	
Location	Training in the Sport Centre, competitions at Hutt Valley Schools
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Own badminton racquet required; school has some racquets that can be borrowed (shuttles are provided)
What is the cost?	
All teams	Term 2 and Term 3 - \$30

Tournaments	
Junior	CSW Junior Champs – Wednesday 7 August (Cost TBC)
Senior	CSW Senior Open Single Champs – Wednesday 14 August (Cost TBC)

Parent Help	
Coach	We are currently seeking coaches
Manager	Parents to volunteer to be team supervisor
Referee / Umpire	Students umpire the games
Transport	Parents need to help with transport

Basketball

The College offers students to play in senior or junior teams for both boys and girls in the College Sport Wellington Competition.

When is it?	
Term	Term 2 and Term 3
Dates	Junior Basketball starts 7 May Senior Basketball starts 10 May
Training	Sports Centre - days TBC
Competition	Seniors - Friday evenings 5.30pm to 9pm Juniors - Tuesday or Thursday evenings (depending on grade) 4pm to 7pm CSW Junior Finals - Tuesday 27 August CSW Senior Finals - Friday 30 August
Where is it?	
Location	Various schools in the Wellington Region and Walter Nash (Taita) and ASB Sport Centre (Kilbirnie)
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Mouth guards are now compulsory, and MUST be worn. We encourage students to purchase a Molten basketball for training, available from sports shops
What is the cost?	
All teams	Term 2 and Term 3 - \$85*

Tournaments	
Junior	3 x 3 tournament Tuesday 5 November
Senior	3 x 3 tournament Wednesday 27 March

Parent Help	
Coach	We are currently seeking coaches
Manager	Parents need to volunteer for the role of manager, no experience required
Referee / Umpire	We pay Basketball referees and are looking for parents to assist
Transport	Parents need to help with transport and may book the school van

*First Team levy \$40 (additional charge for Senior A Team members). Players selected for the Senior A Teams are required to pay an additional \$40 and 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.

Bowls

There is a weekly outdoor Bowls competition based at Silverstream Bowling Club. The College will enter Junior and Senior teams with 2 or 3 per team. An introductory coaching day is available at the Club before the start of the season. No previous experience is required & members of the Bowls Club will be on hand to help students.

When is it?	
Term	Term 1 and Term 4
Dates	Bowls Have a go days - 8 and 15 February Games – 22 February to 4 April
Training	A practice day is held by the Bowls Club before the competition starts
Competition	Thursdays from 4.00pm to 6.00pm
Where is it?	
Location	Silverstream Bowling Club
Transport	Students to make own arrangements; parents will be required to assist with transport. Students can get the bus to the Silverstream Bowling Club if parents are unable to provide transport
What do I need?	
Equipment	N/A
What is the cost?	
All teams	Per term - \$12

Tournaments	
Junior	CSW Bowls Junior Tournament - Tuesday 19 November (Cost TBC)
Senior	CSW Open Singles and Pairs Championships – Wednesday 3 April (Cost TBC)

Parent Help	
Coach	None required
Manager	We need a parent to volunteer to organise the team
Referee / Umpire	N/A
Transport	N/A

Cricket

Our cricket programme is combined with Upper Hutt College. We have two boys' teams playing on Saturdays and our girls play in the 8 a side team competition.

When is it?	
Term	Term 1 and Term 4
Dates	Boys: Starts 3 February * Girls: Starts 15 February
Training	After school based on teams needs
Competition	Boys – Saturday T20 grades play in a 3-hour window Girls T20 - Thursdays 4.00pm – 7.00pm
Where is it?	
Location	Various grounds in the Hutt Valley and Wellington Region
Transport	Students to make own arrangements; parents will be required to assist with transport.
What do I need?	
Equipment	Cricket bat, pads, gloves, and helmet can be provided by school, if necessary, but our gear is limited. We recommend students buy their own equipment where possible.
What is the cost?	
Boys And girls	\$55 per term

Tournaments	
Junior	N/A
Senior	N/A

Parent Help	
Coach	Girls are coached by Justine Duncie Boys are coached by parents
Manager	We need parent help to manage the teams
Referee / Umpire	We welcome parents to help to score and umpire
Transport	Parents need to help with transport

* If you are wanting to join our boys joint cricket team for 2024, please email Chris Campbell campbellc@upperhutt.school.nz with expressions of interest.

Training for boys' cricket will be communicated from Upper Hutt College in January 2024.

Please note that registrations for boys' cricket will still need to be done via our HC sports registration form when this opens in late January.

Dragon Boating 2024 / 2025

For 2024 / 2025 Dragon Boating is open to students from Year 10, 11 and 12. There will be one set fee to cover all training, events, and transport. Students that register should make sure that they are free for all the on-water trainings and events. All team members must be able to swim 50m for safety reasons. Boats can capsize in deep water on occasions.

When is it?	
Term	Term 4 (2024) – teams are selected, and teams begin training in term 4 2024
Dates	Sunday 2 March 2025 (TBC)
Training	TBC
Competition	Wellington Harbour Fun Day Wellington Schools Dragon Boat Festival
Where is it?	
Location	Wellington Harbour
Transport	Transport is provided for all trainings and events
What do I need?	
Equipment	Provided by the organisers
What is the cost?	
Per person	Term 1 – Approx. \$230 to \$260 Cost includes a top that students keep

Tournaments	
Junior	N/A
Senior	N/A

Parent Help	
Coach	Provided by the organisers
Manager(s)	Te Tahinga Whaanga-Davies
Referee / Umpire	N/A
Transport	Provided for in the above cost for all trainings and events

Floorball

Floorball will be played at Walter Nash Stadium in Taita, on a Wednesday evening in Term 1. Students may re-register for Term 4 later in the year. A minimum of 8 players required to register a team.

When is it?	
Term	Term 1 and Term 4
Dates	7 February
Training	The teams are encouraged to train at Expressions Hall on a Thursday night with the local club.
Competition	Wednesdays 6-9pm
Where is it?	
Location	Walter Nash Stadium, Taita
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Sticks and goal keeping gear are available to borrow at the venue
What is the cost?	
All teams	Per term - \$60

Tournaments	
Junior and senior	Floorball Nationals TBC

Parent Help	
Coach	We are currently seeking a coach for the team
Manager	Parents help required, please contact the Sports Office if you can help
Referee / Umpire	Referees are provided
Transport	Parents need to help with transport

Football

The College several boys and girls football teams. We welcome players of all abilities, from competitive to social and have something for everyone.

When is it?	
Term	Term 2 and Term 3
Dates	3 May to 31 August
Training	TBC
Competition	All Boys Teams – Saturday – any time Girls' 1 st XI – Wednesday after school Girls' 2 nd and 3 rd XI – Tuesday after school CSW Boys Prem Youth and Prem Res Finals – Wednesday 28 August CSW Girls Premier and Regional Finals – Wednesday 21 August CSW Boys Grades Finals – Saturday 31 August
Where is it?	
Location	Various Football grounds in the Wellington Region
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Shin pads are compulsory, and MUST be worn at games
What is the cost?	
All other teams	Term 2 and term 3 - \$70 – plus \$40 for first XI team levy *

Tournaments	
Junior	N/A
Senior	Both Boys and Girls 1 st XI teams usually attend NZSS Winter Tournament Week (1-6 September)

Parent Help	
Coach	We are currently seeking coaches for all football teams
Manager	Parent volunteers are required
Referee / Umpire	Parent volunteers are required - Student officials will be paid
Transport	Help with transport is required for all teams

*First Team levy \$40 (additional charge for 1st XI team members). Players selected for the 1st XI Teams are required to pay an additional \$40 & 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 and 2 Teams.

Futsal

Futsal is available for all students. We currently have teams playing in the Boys and Girls grades in the Hutt Valley League. Matches are at Walter Nash Stadium, Taita from 4.00pm to 10.00pm on a Thursday (Juniors) and Friday (Seniors). We welcome competitive and social teams to enter the competition.

When is it?	
Term	Term 1 and Term 4
Dates	Term 1: Futsal starts week beginning 12 February Term 4: Futsal starts week beginning 14 October
Training	TBC
Competition	Juniors - Thursday Seniors - Friday
Where is it?	
Location	Walter Nash Stadium
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Shin pads are compulsory
What is the cost?	
All teams	Per Term - \$50

Tournaments	
Junior / Senior	CSW Regional Futsal Champs - Wednesday 14 March (Cost TBC) NZSS Wellington Futsal Champs - 18 - 22 March (Cost TBC)

Parent Help	
Coach	We are currently seeking coaches
Manager	Parents are required to manage the team
Referee / Umpire	Referees provided by Capital Football
Transport	Parents must get students to and from games

Hockey

We currently have two 1st XI teams playing in the Wellington Hockey Competition. We would like to develop 7-A-Side teams cater for younger / novice players, enabling them to get more contact with the ball and develop their skills faster. We anticipate that 1st XI teams will attend Winter Tournament Week during the first week in September.

When is it?	
Term	Term 2 and Term 3
Dates	P2 boys starts Friday 5 May P3 girls starts Thursday 4 May Note – assumes teams will be in the same grades as 2023
Training	TBC
Competition	Girls' 1 st XI Thursday (P3) and Boys 1 st XI - Friday (P2) – subject to change
Where is it?	
Location	Various Hockey turfs, Kapiti, Porirua, Wellington, and the Hutt Valley
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Mouth guard, shin pads and Hockey stick Goalkeeper – A full set of gear will be issued to the goalie. This is only to be used for the school team and must be regularly cleaned.
What is the cost?	
1 st XI Teams	Term 2 and Term 3 – cost \$220

Tournaments	
Boys and Girls 1 st XI plan to attend NZSS Winter Tournament Week	2-6 September

Parent Help	
Coach	TBC
Manager	We need parents to assist managing our teams
Referee / Umpire	Adult and student umpires required. Students are paid for umpiring
Transport	Parents must get students to and from games (sometimes school van is used)

Netball

Heretaunga College has several teams playing in the Hutt Valley Schools Netball Competition. Our Premier 1 Team plays in Premier 1 Hutt Valley Competition. All other teams play in the Hutt Valley Competition.

When is it?	
Term	Term 2 and Term 3
Dates	Netball starts week beginning 6 May
Training	Premier 1 Sunday and Thursday TBC by the Team coach, usually once a week after school
Competition	Premier 1 Mondays from 4.30pm All other teams Saturdays at various times RSSL Netball starts Monday 24 June RSSL finals – Monday 26 August Hutt Valley finals - Saturday 24 August
Where is it?	
Location	Taita College, Taita Courts and St Orans College
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Uniform	The school provides Netball dresses
Equipment	White sports socks should be worn and suitable Netball sneakers
What is the cost?	
All other Teams	Term 2 and Term 3 - \$100 cost plus \$40 first team levy *

Tournaments	
Junior	CSW Junior A Tournament – Thursday 8 August (Cost TBC)
Senior	CSW Prem 1 Netball Tournament -Thursday 16 May (Cost TBC) Lower North Island Netball Tournament (Premier 1) – 1-5 September (Napier)

Parent Help	
Coach	We are seeking coaches for all teams except Premier 1
Manager	Parent volunteers needed
Referee / Umpire	Parent volunteers required. Student umpires will be paid
Transport	Parents must get students to and from games

*First Team Levy \$40 (additional charge for Premier 1 Team members). Players selected for the Premier 1 Team are required to pay an additional \$40 & this is payable after the team selection. It is used to cover the additional expenses charged by College Sport Wellington for Premier Teams.

Pickleball

From 2024 Pickleball is available for players of all abilities. Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. Students will play in the College Sport Wellington Hutt Valley schools' competition. We encourage students to select their own social teams with friends.

When is it?	
Term	Juniors and seniors - Term 2
Dates	12 June to 3 July
Training	Not required
Competition	Wednesdays 4-5.30pm
Where is it?	
Location	Indoor venues to be confirmed
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Own paddle, school paddles can be borrowed
What is the cost?	
All students	\$30

Tournaments	
Junior/Senior	TBC

Parent Help	
Coach	Not needed
Manager	We need parents to transport students only
Referee / Umpire	Students umpire
Transport	Parent help required

Rugby Union

Our Rugby programme is combined with Upper Hutt College. We have options for those interested in playing Rugby in 2024 in the following grades: boys under 15's, under 55's, under 65's, 1st XV, and girls (depending on registrations). The final teams entered will depend on the player registrations. Between the two schools, we will continue to remain combined so we can offer quality experiences for all those wishing to play Rugby at Heretaunga College.

When is it?	
Term	Term 2 and Term 3
Dates	4 May to 18 August
Training	TBC
Competition	Friday or Saturday boys Wednesday girls Girls Finals – Wednesday 7 August Boys Premiership final – Sunday 18 August Boys Grade finals – Saturday 10 August
Where is it?	
Location	Various grounds in the Wellington Region
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Mouth guard is essential
What is the cost?	
All other teams	\$75 per player

Tournaments	
Junior	N/A
Senior	N/A

Parent Help	
Coach	We are seeking Rugby Coaches for the 2024 season
Manager	Parent volunteers needed
Referee / Umpire	Referees are supplied
Transport	Parent help required

Table tennis

Table tennis is available for players of all abilities. Teams consist of 3-4 players and play in the College Sport Wellington Upper Hutt schools' competition. We encourage students to select their own social teams with friends.

When is it?	
Term	Juniors and seniors - Term 2
Dates	15 May to 19 June
Training	Not required
Competition	Wednesdays 4-5.30pm
Where is it?	
Location	Moonshine table tennis club at Trentham Racecourse room under the stand
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	Own paddle, school paddles can be borrowed
What is the cost?	
All students	\$20

Tournaments	
Junior	CSW Individual Tournament - Friday 2 August (Cost TBA)
Senior	CSW teams Tournament - Friday 9 August (Cost TBA)

Parent Help	
Coach	Not needed
Manager	We need parents to transport students only
Referee / Umpire	Students umpire
Transport	Parent help required

Touch

Heretaunga is committed to growing the sport. We welcome new junior and senior players who are committed to training and games.

When is it?	
Term	Seniors - Term 1 Juniors - Term 4
Dates	Senior - starts 13 February - 6 weeks 1-2 games per night Juniors - starts 22 October 6 weeks with 1-2 games per night
Training	TBC
Competition	Tuesdays
Where is it?	
Location	Fraser Park
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	N/A
What is the cost?	
All players	\$45

Tournaments	
Junior	CSW Junior Tournament – Thursday 14 November (Cost TBC)
Senior	CSW Senior Tournament – Thursday 29 February (Cost TBC)

Parent Help	
Coach	Contact the sports office if you can help
Manager	We need parents to manage teams
Referee / Umpire	Referees are provided
Transport	Parent help required; the school van is available for booking

Volleyball

The Volleyball competition is for students (boys and girls) who are familiar with the game and who can travel to the weekly competition after school. Teams will play in the College Sport Wellington Hutt Valley Competition. Approximately 10 players per team.

Note: Year 9 and 10 students who are new to the sport are encouraged to also join the Youthtown participation programme in Term 3.

When is it?	
Term	Juniors and Seniors - Term 1 and Term 4
Dates	Junior - starts 14 February (Wednesday) Senior - starts 9 February (Friday)
Training	TBC
Competition	Juniors - Wednesday Seniors - Friday
Where is it?	
Location	Various schools in the Hutt Valley
Transport	Students to make own arrangements; parents will be required to assist with transport
What do I need?	
Equipment	N/A
What is the cost?	
All teams	Terms 1 and 4 - \$60 for both terms

Parent Help	
Coach	Please let the Sports office know if you can help
Manager	Parent volunteers needed
Referee / Umpire	Needed for games so if you have experience, please contact the Sports office
Transport	Parent help required; the school van is available for booking

Youthtown and Non-College Sport competition programmes

Archery – Youthtown participation programme

The Youthtown archery programme is for any student with the focus being on fun and playing sport with friends. It is a 6-week programme focusing on basic skills and progressing students to being confident in archery. A minimum of 16 participants is required for the programme to be able to run.

When is it?	
Term	Term 1
Dates	Monday 19 February to Monday 25 March (6 weeks)
Session Time	Monday 3.15pm to 4.15pm
Competition	None
Where is it?	
Location	Heretaunga sports field
Transport	None required
What do I need?	
Equipment	N/A
What is the cost?	
Per student	Term 1 only - \$36

Her Move Activities Club – Youthtown participation programme

The Youthtown Her Move Activities club is for girls with the focus being on fun and playing sport with friends. It is a programme running through one term where students are part of the decision-making process for the activities they do; in week one students are surveyed and the group decides on the activities they will do; examples of activities that students may choose to participate in are:

- Archery
- ABL games
- Rock climbing
- Ice skating
- Tramping
- Ki o rahi
- Fitness class
- Golf

A minimum of 10 participants is required for the programme to be able to run.

When is it?	
Term	Term 2 Year 9 students Term 4 Year 10 students
Dates	Term 2 - Monday 6 May to 1 July Term 4 - Monday 14 October to 9 December
Session Time	Monday 3pm to 5pm
Competition	None
Where is it?	
Location	Heretaunga sports centre and trips depending on activities selected at the beginning of the term
Transport	None required
What do I need?	
Equipment	N/A
What is the cost?	
Per student	Term cost - \$40

Volleyball – Youthtown participation programme

This programme is recommended for beginner and intermediate players with a focus on playing sport for FUN. It is a 6-week programme focusing on basic skills and progressing students to being confident in playing and scoring games. A minimum of 12 players required for the programme to be able to run.

When is it?	
Term	Term 3
Dates	Monday 31 July to Monday 4 September (6 weeks)
Competition	None
Where is it?	
Location	Heretaunga Sport Centre
Transport	None required
What do I need?	
Equipment	None required
What is the cost?	
Per student	Term 3 only - \$36

Tough Guy & Gal challenge

We encourage students to participate in the Tough Guy and Gal Challenge. The school will take students to Wainuiomata and complete a 6km off road muddy obstacle course. If you want to get muddy and have a whole lot of fun with your friends, then this event is for you. Maximum of 21 students.

When is it?	
Term	Term 2
Dates	Friday 24 May 2023
Competition	One day event – Limited entries maximum 21 students
Where is it?	
Location	Camp Wainui, Wainuiomata
Transport	Provided by the school
What do I need?	
Gear	Sports gear, old sneakers (with electrical tape to hold them on!) Full change of warm clothes, towel, and high energy snacks for afterwards.
What is the cost?	
Per student	\$60

ONE-OFF EVENTS

There are many one-off opportunities for students to participate in sport at Heretaunga College. Heretaunga College will enter events where there is a desire to participate from students and space in the Heretaunga College school calendar. Some one-off opportunities however may be for longer periods and require more commitment and possible fundraising. A summary of these is outlined below.

1. Athletes with disabilities sports

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, Futsal, Basketball, Tenpin, Indoor bowling, Tee ball etc. All events are over one day other than Futsal and Basketball that are a series of games over several weeks.

Date	Event
Friday 1 March	Athletics regionals
Thursday 22 February	Tee ball tournament
Thursday 4 April	Rippa rugby tournament
Friday 3 May (start date)	Futsal, 5-week competition
Wednesday 22 May	Cross country regional event 2km
Wednesday 26 June	Ten-pin bowling tournament
Wednesday 31 July (start date)	Basketball, 5-week competition
Monday 2 September	Indoor bowls tournament
Friday 25 October	Swimming competition
Wednesday 13 November	Floorball tournament
Wednesday 20 November	Croquet tournament

For more information contact Kathy Yates HOD Learning Resource Centre, Email: yatesk@heretaunga.school.nz, Phone (04) 939 9370 Ext. 849.

2. College Sport Wellington one-off tournaments/events

Most of the tournaments arranged by College Sport Wellington are played over one day at locations around the region, depending on the sport's needs. The costs and full details will be confirmed prior to participation in the events. 2024 tournaments are summarised below:

Term 1			
23 February	Softball CSW open tournament		
28 February	Tennis CSW open championship	20-22 March	Cricket T20 Hunt Trophy tournament
29 February	Touch CSW senior tournament	23-24 March	Skating CSW championship
3 March	Dragonboating competition	25 March	Golf Philips Cup final
6 March	Athletics – Qualifying event	26 March	Athletics regionals
8 March	Volleyball CSW senior tournament	27 March	Basketball 3 x 3 senior tournament
14 March	Futsal CSW championship	28 March	Golf CSW team championship
18-21 March	Cricket Venus Cup Girls Tournament	3 April	Bowls CSW championship

Term 2			
22 May	Cross country CSW championship	13 June	Indoor bowls CSW championship
16 May	Netball CSW premier tournament		

Term 3			
2 August	Table tennis CSW championship	21 August	Squash CSW open championship
7 August	Badminton CSW junior championship	11/25 August	Shooting CSW smallbore
8 August	Netball CSW junior A tournament	1 September	Shooting CSW smallbore triangular
9 August	Table tennis CSW team championship	21 September	Power lifting CSW championship
14 August	Badminton CSW senior championship		

Term 4			
1-2 November	Volleyball CSW junior tournament	13 November	Tennis CSW junior championship
5 November	Basketball 3 x 3 junior tournament	14 November	Touch CSW junior tournament
6 November	Golf CSW junior championship	19 November	Bowls CSW junior tournament
12 November	Futsal Junior championship		

3. Winter tournament week

Heretaunga College will send some teams to Winter tournament week which will occur from 2 September to 6 September 2024 (the lengths of the various sport code tournaments vary). Once the winter code teams are selected a decision will be made on whether the highest ranked team of each code is to attend tournament week. Several factors will be considered for participating in these tournaments including player availability, coach/manager availability, overall costs, and location of the event.

4. Exchanges with other Colleges

Heretaunga College has sports exchanges with other colleges. The colleges will involve many of the winter codes. In 2024 the exchanges will be:

- Against Horowhenua College on Tuesday 14 May 2024 at Horowhenua College
- Against Upper Hutt College on Thursday 25 July 2024 at Heretaunga College
- Against Naenae, Taita and Wainuiomata Colleges Yr 9/10 date TBC at Taita College

5. Coaches and Officials workshop

Heretaunga College encourages our students to become coaches or officials. Students are able to mentor our younger students and pass on their knowledge of sport through coaching.

Many of our students act as officials and in some of the codes are paid to officiate (referee) competitive games.

To prepare students for these roles College Sport Wellington offers coach and official courses that the school arranges for those students keen to follow this path. The summer sport code courses are in mid-February and winter sport code courses in mid-May.

If you are interested in becoming a student coach or official, please email sports@heretaunga.school.nz.