



Heretaunga College
Sports Handbook
2022

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INTRODUCTION

Heretaunga College strives to provide a range of enjoyable sporting and physical opportunities for our students. The College actively works in partnership with the local community and relies on volunteers to provide a programme that meets the needs of our students.

We encourage all students to play at least ONE sport. We work hard to provide both competitive and social opportunities throughout the year to ensure we have something for everyone.

Involvement in extra-curricular activities at any level, requires all students to maintain a satisfactory work ethic, standard of behaviour, and attendance level, both in the classroom and within the sport environment. 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 on time. Fundraising opportunities may be provided for tournaments to help reduce the costs to players.

Sport at Heretaunga, like other colleges, relies on volunteers to coach, manage, and transport teams. Volunteering in sport is a rewarding experience, and without volunteers we would be unable to provide sporting opportunities for our students.

Simone Stewart

Sports Co-ordinator

REGISTRATION

1. **Choose** the sports you want to play.
2. **Think** - do you have time to attend training and matches?
3. **Ask** whoever pays the fees if it's ok to pay.
4. **Register** [here](#) or at the sports office.
5. **Payments** can be made at the school office or online.
6. **Registrations due:** Summer Codes Friday 4th Feb 2022
Winter Codes Friday 4th Mar 2022
7. **Check** your school emails and the sports office notice board regularly for updates

FEES AND PAYMENTS

Sports registration fees are required to pay for the costs involved in sport. 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 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 students' school 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 leaves school, is excluded / expelled or stood down during the season.
2. If a student is banned from a sport due to conduct or misbehaviour.
3. If a student withdraws due to over-commitment once the season has started.
4. If a student gains employment during the season and is no longer able to play.
5. If a student changes their mind and does not want to play anymore after being placed in a team.

School Bank Account

Payment can be made at the school office (Cash/EFTPOS) or online.

ASB 12-3478-0030501-00

Ref. Your child's name / sport.

One payment per fee.

UNIFORMS

Students are required to sign a uniform contract when collecting their uniforms. All students are required to wear correct uniforms to games / tournaments; those that fail to do this will be unable to take part in the game.

1. I will look after the uniform that has been loaned to me.
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 washed 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.
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.

TRANSPORT

Transport to and from events is ultimately the responsibility of the individual, not the coach or team. School vans may be available for use if they are not out on school trips. Volunteers who drive the school van must present their licence and complete paperwork at the school office prior to collecting keys.

It is the responsibility of the group using the van to ensure they are clean and tidy following use. No food is to be consumed in the vans, and all rubbish is to be removed after arrival back to school.

Drivers must re-fuel than van when it falls below 50% full. There are fuel cards available for this.

DISCIPLINE

All athletes, volunteers, and supporters are expected to display our school PRIDE values and fairplay when representing our school. We have an agreement with College Sport Wellington and all other schools in our region to apply a zero-tolerance stance towards verbal and physical abuse of players and officials, and unsportsmanlike behaviour. Any student not following these values will face time stood-down from their sport, and may face further discipline from College Sport Wellington.

COVID-19

Covid-19 has disrupted the past two local and national sports seasons with games missed, tournaments cancelled, and the 'no-spectators' policy. In 2022, NZSSSC and College Sport Wellington have implemented a policy stating only fully-vaccinated students can compete in Term 1 inter-school events. This will be reevaluated before Term 2. Likewise only fully vaccinated spectators will be allowed at inter-school events. You can read more on the policy [here](#).

Heretaunga College will work to provide more lunchtime intra-school sporting opportunities for all of our students on-site, regardless of vaccination status.

VOLUNTEERS

We are always on the look-out for coaches and managers. If you have the time to help with our sports programme please contact the sports department. All sports volunteers (coaches, managers, drivers) must provide evidence of being fully vaccinated. All coaches and managers must also complete police-vetting.

SPORTS ON OFFER

At Heretaunga College we strive to provide opportunities that cater for our students' motivations, abilities, and budgets.

We offer social opportunities on-site that have minimal fees, no uniforms, and no practices – just turn up and play.

Some students who participate in individual sports will have the opportunity to compete for the school in an interschool championship once or twice a year. We strongly encourage these students who regularly compete outside of school to take the opportunity to represent Heretaunga College in these inter school events.

Most of our students play in regular weekly competitions which have a weekly team training session, and some travel to other schools or facilities is required.

Finally, we have some sports where we play in Premier divisions. These sports require full commitment from players to one or more training sessions and have higher fees to cover competition administration and umpire/referee fees.

If you have a particular interest outside of the sports offered, please contact the Sports Co-ordinator.

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, Futsal, Basketball, Tenpin, Indoor Bowling, Tee Ball etc.

Athletes with Disabilities (AWD)

Additionally, College Sport Wellington (CSW) organise a variety of competitions. Events and dates are listed below.

- 23 February - Tee Ball
- 8 March - Athletics
- 7 April - Rippa Rugby
- 11 May - Futsal Competition Starts
- 6 July - Ten-pin Bowling
- 3 August - Basketball Competition starts
- 12 Sept - Indoor Bowls
- 28 October - Swimming
- 16 November - Floorball

For more information contact Kathy Yates HOD Learning Resource Centre.

Email: yatesk@heretaunga.school.nz

Phone (04) 939 9370 Ext. 849

ATHLETICS

Students who enjoy athletics are invited to register their interest to represent the school at the Hutt Zone Athletics event. From here, qualifiers are invited to compete at the Wellington Regional Secondary School Competition.

Serious athletes are encouraged to register and enter the NZSS Athletics Championships, these are held in December generally alternating between North & South Island venues. Athletes who would compete at the NZSS events need to register their intent with the Sport Coordinator at the beginning of the year. It is the responsibility of the student/caregiver to arrange travel and accommodation for this event.

Dates:

- * Hutt Zone Athletics - 3rd March (Newtown Park, Wellington)
- * Wellington Regional Athletics - 17th March (Newtown Park, Wellington)
- * North Island Secondary Athletics Champs - 2nd-3rd April (Manawatu Athletics Track, Palmerston North)
- * NZSSAA Track, Field, and Road Race Champs - 9th-11th December (Inglewood)

Uniform:

Students will be issued an athletics singlet for competitions.

Cost:

Students will be notified of cost prior to competition.

BADMINTON

Badminton is available to players of all abilities during Term 2 & 3. Teams consist of 4-6 players and play in the Hutt Valley College Sport competition. Year 9 & 10's play on a Thursday afternoon, and Year 11-13 students play on a Friday afternoon between 4 and 6 p.m. Students make their own way to / from games.

All players are expected to umpire games.

Dates:

TBC Term 2 - Term 3

CSW Junior Champs - 3rd August

CSW Open Champs - 10 August

Uniform & Equipment:

Juniors wear PE uniform. Seniors will be loaned a playing top. All students need their own racquet. Shuttles are provided.

Cost:

\$20 per year

BASKETBALL

We have both junior and senior teams playing in the College Sport Wellington competition. Junior competition is played on Tuesday evenings, and senior competition is played on Friday evenings. Games are played at schools throughout the Wellington region and at the ASB sport centre. Parents are required to assist with transport.

Dates:

Junior competition - 3rd May - 23rd August

Senior competition starts - 6th May - 26th August

Junior 3x3 tournament - 1st November

Uniform & Equipment:

Students are issued playing singlet and shorts. White socks and trainers required. **Mouthguards are compulsory for all players.**

Cost:

Senior A Boys & Girls - \$120

All other teams - \$80

BOWLS

Lawn Bowls is available to students during Terms 1 & 4. Players are registered in team of 2 or 3, teams can be mixed or single sex. Bowls is played on a Thursday afternoon at Silverstream Bowling Club between 4 and 5pm. Students make their own way to the club. No previous bowls experience is needed.

Prior to the season, players can attend a 'have-a-go' session. Students also have the opportunity to play in the CSW tournaments. Serious students have the opportunity to register for the NZSS champs, organisation of travel and accommodation is the responsibility of the student/caregiver. Please let the sport coordinator know a.s.a.p. if you intend entering this event.

Dates:

- * Season start date - 10th February (Silverstream Bowling Club)
- * CSW Open Singles / Pairs - 14th March (Johnsonville Bowling Club)
- * NZSS Championships - 28th-29th March (Remuera Bowling Club)
- * CSW Junior Champs - 22nd November (Johnsonville Bowling Club)

Uniform/Equipment:

Students play in PE gear or school-issued shirt, clean/smooth-soled shoes

Loan bowls available

Cost:

\$12 per term.

Tournaments TBC (approx. \$10 per event)

CRICKET

Students interested in playing cricket in 2022 will play during Terms 1 and 4.

Our boys' team is currently a combined team with Upper Hutt College competing in the Premier 4 division of the College Sport Wellington competition on Saturdays (50-over format). Students make their own arrangements to and from matches.

Our girls team play on a Thursday afternoon (T-20 format). Students travel in the school van when available.

Dates:

* Boys season start date - 29th January

* Girls season start date - 10th February

Uniform:

Students will be issued a playing shirt. Players own trousers/shorts (colour confirmed by team management).

Cost:

Boys - \$60 per year (Term 1 & 4)

Girls - \$40 per term (Term 1 & Term 4)

DRAGON BOATING 2021 / 2022

Dragon Boating is available for students in Years 10, 11, and 12. Pre-season off-water training commences in Term 4, and competition is held during Term 1. All students need to ensure they are available to attend all on-water training and events.

Given the nature of the sport, all students who register must be **confident swimming 50 metres in open water**.

Dates:

Training - TBA

Competitions - TBA

Uniform:

Students will be required to purchase their own singlet

Cost:

TBC

FLOORBALL

Floorball is a form of indoor hockey, with a minimum of 6 players per team. Teams can be single-sex or mixed. Games are played at the ASB Sport Centre, Wellington on a Thursday from 4.30pm in Terms 1 &/or 4. Students are to make their own way to/from games. Parent help with transport is appreciated.

Players are encouraged to train on a Wednesday night at the YMCA with the local club.

Dates:

* Season start date - 10th February (ASB Centre, Kilbirnie)

* Floorball Nationals - 2nd-3rd April (ASB Centre, Kilbirnie)

Uniform & Equipment:

School PE kit, or issued shirt and trainers

Sticks and goalkeepers gear available from venue

Cost:

\$60 per term

FOOTBALL

We have a number of football teams for both girls and boys of all abilities. Girls' teams play mid-week, with 1st and 2nd XI playing on a Wednesday after school, and the 3rd XI playing on a Tuesday. All boys' teams play on a Saturday. Games are played at fields all around the Wellington region, and players are expected to make their own way to/from games. Parent assistance with transport is welcomed, and the school van is sometimes available.

Dates:

* Girls football - 4th May - 24th August

* Boys football - 7th May - 27th August

* Both 1st XI teams attend winter tournament week - 29th August - 2nd September

Uniform:

Students are issued with playing uniform. Girls to purchase long white socks from sports store. Boys to purchase maroon socks from school office. Players to provide own boots. Shin Pads are compulsory.

Cost:

1st XI's - \$110

All other teams - \$70

FUTSAL

Futsal is a version of indoor, modified football. We have teams playing in senior and junior grades in the Hutt Valley league. Matches are played at Walter Nash Stadium from 4pm on a Thursday (juniors) or Friday (seniors) during Terms 1 &/or 4. Players make their own way to and from games.

We have teams for competitive and social players.

Dates:

- * Season start date - TBC
- * CSW Regional Champs - 16th March (ASB Sports Centre)
- * NZSS Champs - 28th March - 1st April (ASB Sports Centre)

Uniform:

Junior wear school PE Kit, with long white socks (purchase from sports shop) and trainers.
Senior issued uniform with long maroon school socks (available for purchase from school office) and trainers.

Shin pads are compulsory

Cost:

\$50 per term

HOCKEY

Our college currently has two 1st XI Hockey teams as well as providing the opportunity for students to play 7-a-side hockey. 7-a-side hockey is targeted towards more inexperienced players and provides them with more time with the ball to help develop their skills quickly. All hockey is played during Term 2 and 3 at turfs throughout the Wellington region. Players are expected to make their own way to & from the matches. Parent assistance with transport is welcoming, and the school van may be available.

Dates:

Week beginning 9th May - Week beginning 19th September

Both 1st XI teams attend winter tournament week - 29th August - 2nd September

Uniform & Equipment:

Girls are issued a hockey dress; boys are issued a hockey shirt and wear PE shorts. All students are to purchase socks from the school office. Mouth guard and shin pads are compulsory. All players supply their own hockey stick, but please get in contact if you do not have access to one as one can be loaned. Goal keepers are supplied full set of gear.

Cost:

7-a-side - \$100

1st XI's - \$370

All other teams - \$330

Players have the opportunity to reduce their fees by participating in the school cafe fundraiser. Players can contribute by working in the cafe, supplying baking, donate in lieu of baking.

NETBALL

Heretaunga College have a number of teams playing in the Hutt Valley Schools netball competition. Our Premier 1 team plays in the Premier Hutt Valley Competition as well as the Regional Secondary School League. Netball is played on Saturdays at either Taita College or Hutt Valley High. Premier 1 play on a Monday night from 4.30pm at various schools around the Wellington region. Players are expected to make their own way to & from matches. Netball is always in need of coaches, managers, and umpires. Please contact us if you are able to help in any way.

Dates:

Premier 1 begins - 2nd May

Other teams - 7th May - 20th August

CSW Premier tournament - 19th May

CSW Junior tournament - 11th August

Winter tournament week (Premier team) - 29th August - 2nd September

Uniform:

All players are issued with a playing uniform. White socks and netball shoes required.

Cost:

Premier 1 - \$140

All other teams - \$100

RUGBY UNION

Our current rugby programme is combined with Upper Hutt College. We have opportunities available at the following levels - U15, U55, U65, 2nd XV, and 1st XV. We are interested in taking registration from players interested in 7's and girls' players also. Boys' games are played on Saturdays throughout Terms 2 and 3 at various grounds around the Wellington region. Girls' rugby is played on a Wednesday afternoon. Players are expected to make their own way to and from matches. Rugby always needs coaches and managers. If you are able to assist, please get in contact.

Please note: ALL rugby players must complete the additional registration form [here](#)

Dates:

Season begins 7th May.

Uniform:

Players are issued with jersey. Students will need to purchase shorts and socks from either Upper Hutt College or Heretaunga College. Mouth guards are compulsory.

Cost:

1st XV - \$125 (this includes costs of additional clothing which the player keeps)

Other teams - \$55

**Please note that these costs may change in consultation with Upper Hutt College.

TOUCH

Junior students interested in playing touch, play in Terms 1 &/or 4. Seniors play in Term 1 only. Both term 1 and 2 seasons are 6 weeks long with 2 games played per night. Games are played at Fraser Park. Players make their own way to and from games.

Dates:

- * Senior season start - 15th February
- * CSW Senior Champs - 24th February
- * Junior Term 1 season start - 8th March
- * Junior Term 4 season start - 1st November
- * CSW Junior Champs - 17th November

Uniform:

Singlet provided. PE / black shorts (all the same), touch or trail shoes.

Cost:

\$35 per term

VOLLEYBALL

Volleyball for both seniors and juniors is played in the Hutt Valley division during terms 1 and 4. Juniors play on Wednesday afternoon/evenings, and Seniors play on a Friday afternoon / evening. Students make their own way to and from games.

Dates:

* Senior season - 11th February - 25th March and 21st October - 25th November

* Junior season - 16th February - 30th March and 19th October - 30th November

* CSW Senior Champs - 11th March

* CSW Junior Champs - 4th - 5th November

Uniform:

Singlet provided. PE / black shorts (all the same), trainers. Some players may opt to purchase kneepads from a sports shop.

Cost:

\$40 for the year

Tournament costs TBC

PARTICIPATION PROGRAMME - VOLLEYBALL & BADMINTON

In conjunction with Youhtown, we also offer participation programmes for both badminton and volleyball. These programmes are targeted towards beginner and intermediate players with a focus on FUN. These programmes are run over 8 weeks and work towards developing basic skills and confidence in playing these sports.

Both programmes are run in the sports centre on Mondays from 3.30-4.45 and require no equipment. Minimum numbers of participants are required for this programme to run.

Badminton is run throughout Term 2.

Volleyball is run throughout Term 3.

Cost:

\$30 per term

ONE-OFF EVENTS

In addition to our winter and summer seasonal sports, College Sport Wellington and other providers offer one-off events for minority or developing sports. Some of these events are listed below.

All of these events have small entry fees. All participants will be expected to wear either PE uniform or will be issued a playing uniform.

If any of these events interest you, please ensure you register for them using the registration [form](#). If you are interested in receiving coaching for these sports, please contact the Sports Co-ordinator.

Ki o Rahi

CSW Senior tournament - 17th February

CSW Junior tournament - 9th November

Softball

CSW Open tournament - 25th February

CSW Junior tournament - 18th November

Tennis

CSW Open championship - 9th March

CSW Junior championship - 16th November

Golf

CSW Season - Term 1 Monday afternoons

CSW Individual & Team championships - 15th March

CSW Junior tournament - 4th-5th November

Croquet

CSW Open championship - 24th March

Cross Country

CSW Championship - 25th May

Swimming

CSW Championship - 27th May

CSW Huia Cup Swim Relays - 21st September

Indoor Bowls

CSW Championship - 23rd June

Table Tennis

CSW Individual Championship - 5th August

CSW Team Championship - 12th August

Squash

CSW Championship - 17th August

Skateboarding

CSW Championship - 7th September

Power Lifting

CSW Championships – 29th October

Mud Run

Tough Guy and Gal Challenge - 27th May

We are always interested to hear about new events and will do our best to facilitate opportunities for our students into different sports. Please contact the sports office if you know of other events not listed here that you are interested in participating in.

SPORT DEPARTMENT CONTACT

Any sport-related questions, concerns, or offers of assistance can be directed to the Heretaunga College Sport Department.

Email: sports@heretaunga.school.nz

Phone: 04-939 9370 ext. 868

Simone Stewart, Sport Coordinator

Caroline Carey, Sport Assistant