



HERETAUNGA COLLEGE SPORTS HANDBOOK 2023

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.

Simone Naylor
Sports Co-ordinator

Caroline Carey
Sports Administrator

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 Instagram - search Heretaunga College Sports. 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)	Friday 3rd February 2023
Winter sports (Terms 2 & 3)	Friday 10th March 2023
Summer sports (Term 4)	TBC in term 3 2023

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 2022. 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.

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 22-24).

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.

WEEKLY SPORTS 2023

Terms 1 and 4

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

Term 2 and 3

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

Participation programmes

- Term 1 Youthtown archery
- Term 3 Youthtown volleyball
- Tough Guy and gal

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. Competitive teams will practise each week and social teams will not. 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 27 April Senior badminton starts 28 April Note: junior badminton often finishes at the end of term 2
Training	Wednesday 2.30-3.30pm Training is only for Competitive teams Social teams will be placed in grades with teams in the Upper Hutt area as much as possible
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	Parents are required to assist with transport
What do I need?	
Equipment	Own badminton racquet required (shuttles are provided)
What is the cost?	
All teams	Term 2 and Term 3 Competitive \$30 Social \$25

Tournaments	
Junior	CSW Junior Champs – Wednesday 2 August (Cost TBA)
Senior	CSW Senior Open Single Champs – Wednesday 9 August (Cost TBA)

Parent Help	
Coach	Simone Naylor (staff)
Manager	Lisa Haydon - need 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	Senior Basketball starts 5 May Junior Basketball starts 2 May
Training	Sports Centre days to be confirmed
Competition	Seniors - Friday evenings 5.30pm to 9.00pm Juniors - Tuesday evenings 4.00pm to 7.00pm CSW Junior Finals - Tuesday 22 August CSW Senior Finals - Friday 25 August
Where is it?	
Location	Various schools in the Wellington Region and ASB Sport Centre
Transport	Parents are 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 - \$80 *

Tournaments	
Junior	N/A
Senior	WTW Central Cup (non-qualifier), New Plymouth 30 August– 1 September

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 3 or 4 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 starts 9 February
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 will make their own arrangements. Students usually 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 21 November (Cost TBA)
Senior	CSW Open Singles and Pairs Championships - Tuesday 21 March (Cost TBA)

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 6 February Girls: Starts 11 February
Training	Tuesdays after school sub subject to change 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	Boys – Students to make own arrangements, parent help is required Girls – We use the school van so most students can be transported
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 Dunce 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

*First Team levy \$40 (additional charge for 1st XI team members). Players selected for the 1st XI are required to pay \$140 for both terms 1 and 4, payable after team selection.

Dragon Boating 2023 / 2024

For 2023 / 2024 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 1 (2024) – teams are selected, and teams begin training in term 4 2023
Dates	Tbc – normally early March
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 organizers
What is the cost?	
Per person	Term 1 – Approx. \$280 to \$350

Tournaments	
Junior	N/A
Senior	N/A

Parent Help	
Coach	Provided by the organisers
Manager(s)	Kara Orr and 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	Floorball starts 8 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	Parent help is required
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 – 26 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 23 August CSW Girls Premier and Regional Finals – Wednesday 16 August CSW Boys Grades Finals – Saturday 26 August
Where is it?	
Location	Various Football grounds in the Wellington Region
Transport	Parent help is required getting students to and from games
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 (28 August – 1 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 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 start week beginning 20 February Term 4: Starting date Tbc
Training	None
Competition	Juniors - Thursday Seniors – Friday
Where is it?	
Location	Walter Nash Stadium
Transport	Parents need to transport students to games
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 15 March (Cost TBA)

Parent Help	
Coach	Not needed
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
Training	Tbc
Competition	Girls' 1 st XI Thursday (P3) and Boys 1 st XI - Friday (P2) – subject to change College Finals – latest 25 August 2023
Where is it?	
Location	Various Hockey turfs, Kapiti, Porirua, Wellington, and the Hutt Valley
Transport	Parent help required
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 Tbc plus \$40 First XI team levy *

Hockey café fundraising and fees

The actual Hockey fees per student is \$330. There are two fee payment options, these are:

- 1 Participate in the ongoing Hockey Café fundraising throughout the year and pay the reduced fee of \$150 by contributing in the following ways:
 - Work in Café
 - Supply baking
 - Donate in lieu of baking
- 2 Pay the full fee of \$330.

Tournaments	
Boys and Girls 1 st XI plan to attend NZSS Winter Tournament Week	28 August – 2 September

Parent Help	
Coach	Debbie Woolcott (boys) and Arna Hannan and Jonny Martin (girls)
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)

* 1st XI 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 Teams.

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 1 May
Training	Premier 1 Sunday and Thursday TBA 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 19 June RSSL finals – Monday 21 August Hutt Valley finals - Saturday 19 August
Where is it?	
Location	Taita College, Taita Courts and St Orans College
Transport	Parents need to transport students to games
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 10 August (Cost TBA)
Senior	CSW Prem 1 Netball Tournament -Thursday 18 May (Cost TBA) Lower North Island Netball Tournament (Premier 1) – 27-31 August (Wellington ASB)

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 Senior Premier and Senior Division 1 Teams.

Rugby Union

Our Rugby programme is combined with Upper Hutt College. We have options for those interested in playing Rugby in 2023 in the following grades: boys under 15's, under 55's, under 65's, 1st XV, and girls 8 a side. 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	6 May to 21 August
Training	Tbc
Competition	Friday or Saturday boys Wednesday girls Girls Finals – Wednesday 5 August Boys Premiership final – Sunday 13 August Boys Grade finals – Saturday 12 August
Where is it?	
Location	Various grounds in the Wellington Region
Transport	Parent help required
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 2023 season
Manager	Parent volunteers needed
Referee / Umpire	Referees are supplied
Transport	Parent help required and the use of school vans where possible

*We are combined with Upper Hutt College and if we can enter a first 1st XV the registration fees come with an additional fee. The additional charge is \$105, making the total fee \$180. This additional fee is payable after the team selection. It is used to cover additional costs and clothing worn to represent the 1st XV team that is kept by those players after the season has finished.

Table tennis

From 2023 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	10 May to 14 June
Training	Not required
Competition	Wednesdays 4-5.30pm
Where is it?	
Location	Moonshine table tennis club at Trentham Racecourse room under stand
Transport	Parents to transport students
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 4 August (Cost TBA)
Senior	CSW teams Tournament - Friday 11 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	Juniors - Term 4 only Seniors - Term 1 only
Dates	Juniors - starts 24 October 6 weeks with 1-2 games per night Senior - starts 4 February - 6 weeks 1-2 games per night
Training	Tbc
Competition	Tuesdays
Where is it?	
Location	Fraser Park
Transport	Parent help required to drive the school van
What do I need?	
Equipment	N/A
What is the cost?	
All players	\$35

Tournaments	
Junior	CSW Junior Tournament – Thursday 16 November (Cost TBA)
Senior	CSW Senior Tournament – Thursday 23 February (Cost TBA)

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 join the Youthtown participation programme if program is running.

When is it?	
Term	Juniors - Term 1 and Term 4 Seniors - Term 1 and Term 4
Dates	Junior - starts 15 February (Wednesday) Senior - starts 10 February (Friday)
Training	Tbc
Competition	Juniors - Wednesday Seniors - Friday
Where is it?	
Location	Various schools in the Hutt Valley
Transport	Parent help required with transport
What do I need?	
Equipment	N/A
What is the cost?	
All teams	Terms 1 and 4 - \$45 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 15 February to Monday 27 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

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 26 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	\$55

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

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 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
6 March	Athletics regionals
22 February	Tee ball tournament
4 April	Rippa rugby tournament
3 May (start date)	Futsal, 5-week competition
26 May	Cross country regional event 2km
28 June	Ten-pin bowling tournament
26 July (start date)	Basketball, 5-week competition
4 September	Indoor bowls tournament
27 October	Swimming competition
15 November	Floorball tournament
22 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

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. 2023 tournaments are summarised below:

Term one

23 February	Touch CSW senior tournament	14 March	Basketball 3 x 3 tournament
24 February	Softball CSW championship	15 March	Futsal CSW championship
1 March	Tennis CSW open ind championship	16 March	Athletics regionals
1 & 2 March	Ki-o-rahi CSW tournaments	21 March	Golf CSW team championship
4-5 March	Skating CSW championship	22 March	Bowls CSW championship
5 March	Dragonboating competition	27-29 March	Cricket Venus Cup Girls Wellington Tournament
9 March	Athletics – Hutt/girls zone	29-31 March	Cricket T20 Hunt Trophy tournament
11 March	Volleyball CSW senior tournament	29 March	Croquet CSW championships
14 March	Esport NBA2K tournament	4 April	Golf Philips Cup final

Term two

10 May	Cross country CSW Scottish relays	26 May	Swimming CSW Ind championship
6 May	Cross country CSW championship	22 June	Indoor bowls CSW championship
18 May	Netball CSW premier tournament		

Term three

2 August	Badminton junior CSW championship	13/27 August	Shooting CSW smallbore
4 August	Table tennis CSW ind championship	3 September	Shooting CSW smallbore triangular
9 August	Badminton senior CSW championship	13 September	Swimming CSW Huia cup relays
10 August	Netball CSW junior A tournament	11 September	Skateboarding CSW Huia cup relays
11 August	Table tennis CSW team championship	16 September	Power lifting CSW championship
16 August	Squash CSW open championship		

Term four

31 October	Basketball jr CSW 3 X 3 tournament	15 November	Tennis CSW junior ind championship
3-4 November	Volleyball CSW junior tournament	16 November	Touch CSW junior tournament
8 November	Golf CSW junior championship	21 November	Bowls CSW junior tournament

3. Winter tournament week and other national competitions

Heretaunga College will send some teams to Winter tournament week which will occur from 28 August to 2 September 2023 (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 2023 the exchanges will be:

- Against Horowhenua College on Tuesday 9 May 2023 at Heretaunga College
- Against Upper Hutt College on Wednesday 26 July 2023 at Upper Hutt College