



WENTWORTH
COLLEGE

**Sports Information
Handbook
2016**



Dear Students & Parents/Caregivers

Welcome to Sport at Wentworth College!

At Wentworth College we offer students the opportunity to participate in as many different activities as possible, in order that they leave College as confident, healthy, all-round young adults. Sport is integral to this goal as it provides students with a wide range of physical, mental and social benefits.

Across New Zealand schools, the average percentage of students involved in sport is approximately 52%. Analysis of our sporting involvement in 2015 showed 64% involved in 'meaningful' sporting co-curricular activities across 21 codes. This high level of participation is something of which we are extremely proud and something we would like to maintain.

As Director of Sport, it is my responsibility to ensure the development and success of sport here at Wentworth College. Hence we are keen to support you in any way we can. If you have any queries, please contact us in the Sports Department.

We particularly value the support of parents and caregivers in sport. There are numerous roles parents can have, including coach, manager, parent-in-charge, supporter, spectator and provider of transport. Details about these roles and how to get involved are included in this handbook. Do not be put off by thinking you do not have the skills. We can provide you with any necessary training and assistance that you may need.

Wentworth College has students with the talent, ability and enthusiasm to achieve at the highest level in sport. We look forward to us all working towards helping our students reach their potential and being part of their achievement in 2016.

Yours in sport,

A handwritten signature in black ink, appearing to read 'Colin Thomson', with a horizontal line underneath.

Colin Thomson
Director of Sport



SPORTS OPTIONS FOR 2016

Note that the following sports will be offered where there are sufficient numbers. Some will have regular weekly competitions for a season, while others will be one or more individual events. See the details for each sport for dates, times etc.

Summer Sports (Terms 1 and 4)

Athletics	Mr M Harris
Golf	Mr P Langdon
Basketball	Mr C Thomson
Multisport	Mr C Thomson
Pistol Shooting	Mr C Thomson
Rowing	Mr B Tong/Mr R Ansell
Sailing	Mr G Murdoch
Swimming	Mr C Thomson
Tennis	Mrs J Romminger
Volleyball	Mr M Harris

Winter Sports (Terms 2 and 3)

Cross country	Mr M Harris
Football	Mr C Thomson
Get to Go	Mr Thomson
Gymnastics	Mrs J Romminger
Hockey	Mr C Thomson/Mr M Harris
Netball	Mrs J Romminger
Rugby	Mr C Thomson

Other sports have not been totally excluded and could be introduced if there is sufficient interest.

A number of other sports will be held throughout the year, particularly for the Years 7&8 students. These tend to be one-off 'Zone Day' events which we plan for as they arise.

LIST OF SPORTS

Athletics

Co-ordinator: Mr C Thomson

General Information:

Following the school athletics champs a team may be selected to represent the College at the North Harbour Zone 1 Championships. Athletes who perform sufficiently well at the Zone Championships, may then qualify for the NHSS, Auckland and NI Champs.

School Champs

3000m event, lunchtime prior to Sports Day

1500m event lunchtime prior to Sports Day

800m and triple jump events lunchtime prior to Sports Day

Athletic sports (all other events) Wednesday 9th March

North Harbour Zone Championships

Date: 7 March

Venue: Millenium Stadium

Uniform/equipment: Wentworth College sports shorts and athletic shirt. Footwear optional although spikes/shoes are recommended for track events.

North Harbour Intermediate Championships

Date: Term 4

Venue: HBC and/or Millenium Stadium

Basketball

Co-ordinator: Mr C Thomson

General Information:

Depending on the teams' strengths, we would like to have teams playing at North Harbour and/or HBC Leisure Centre

Venue:

North Shore Events Centre and/ or HBC Leisure Centre Stanmore Bay

Dates/Times:

HBC Leisure Centre on Mondays nights throughout the year

Uniform:

Playing tops will be provided. Wentworth College sports shorts, sports shoes.

Equipment:

Own shoes, school sports shorts, top provided

Costs:

Dependent upon venue and division but approximately \$40 per term

Cross Country

Co-ordinator: Mr C Thomson

General Information:

Following the school cross-country, a team will be selected to represent the College at the North Harbour/West Auckland event.

Venue:

School - Shakespear Regional Park

Dates/times:

College cross country will be held early in Term 2
The interschool competition will be in May at a venue to be confirmed.

Uniform:

School athletics top and sports shorts

Costs:

Approx \$5-10

Football

Co-ordinator: Mr C Thomson

General Information:

Numbers will dictate teams for both boys and girls. In the past if we have not had a full winter team, we have been able to play in the Term 4 Summer Soccer at HBC club.

Venue:

Home and away

Dates/times:

Saturday mornings boys
Wednesday afternoons for girls
The season starts early to mid May

Uniform:

Playing tops will be provided. Players will need to provide school sports shorts and socks and shin pads.

Costs:

TBA but estimated around \$50 per Term for the season.

Get To Go Challenge

Co-ordinator: Mr C Thomson

General Information:

This is a one day challenge for Years 9 & 10 students. They participate as a team of eight in Kayaking, Orienteering, Rock Climbing and Mountain Biking. There may also be an event for senior students being introduced this year.

Venue:

Locations around Auckland

Dates/Times:

The actual date is to be confirmed but likely to be early August.

Cost:

Approximately \$20

Golf

Co-ordinator: Mr P Langdon

General Information:

The Premier Schools competition is in Term 1. Auckland SS Stroke play champs entry is by handicap as the field is limited. A handicap of 5 or better is required for the boys and 12 for the girls. The team will be selected from the scholarship students and/or others with a sufficiently low handicap.

Uniform:

School trousers and Golf top

Equipment:

Own clubs

Costs:

Approximately \$50 for the school competition in Term 1

Gymnastics

Co-ordinator: J Romminger

General Information:

There are a variety of competitions in Term 3 and training may take place starting in Term 1. The Auckland Secondary Schools Championships are on 22 June.

A variety of classes and instruction are likely to be in place for differing abilities and interests, from Rhythmic Gymnastics, Artistic Gymnastics & Tumbling. Times for these will be organised based upon student interest.

Hockey

Co-ordinator: Mr C Thomson/Mr M Harris

General Information:

In previous years we have had 2 senior boys' and 2 senior girls' teams, plus one mixed intermediate team. All teams compete at North Harbour Hockey.

Venue:

Hockey North Harbour, Rosedale Park, Albany

Dates/ Times:

TBA but this has previously been the following nights:

Intermediate team on Monday

Boys' team on Wednesday

Girls' team 1 on Thursday

Girls' team 2 on Friday

Uniform:

Hockey dresses for the girls' team 1; hockey shirts for senior boys' team 1, and others to wear PE kit

Equipment:

Own stick, mouth guard and shin pads

Cost:

Estimated \$180 for the season

Multisport

Co-ordinator: Mr C Thomson

General Information:

Weetbix TRYathlon – Manly – 3rd April
Duathalon – 1 June

Uniform:

Own

Equipment:

Own

Costs:

TBA

Netball

Co-ordinator: Mrs J Romminger

General Information:

Teams are entered into the Hibiscus Coast Netball Centre competition and the North Harbour Competition at Onewa Domain. The teams are graded and entered into appropriate competitions.

Venue:

HBC Netball Centre, Edith Hopper and/or Onewa Domain

Dates/times:

Saturdays (various times) for both intermediates and seniors, plus Thursday evenings for Intermediates at NNH. The season starts in early May for everyone.

Uniform:

Dresses are hired out to our senior teams, and intermediates may purchase theirs from the school Uniform Shop.

Costs:

Varying dependant on the division and centre (this year this includes payments for the season for umpires)

Pistol Shooting

Co-ordinator: Mr C Thomson/ Mr H Lemmon

General Information:

The Shooting team have a range set up in the College gymnasium and have a special Pistol Shooting club.

Venue:

College gymnasium

Dates/times:

Thursday nights from 6pm, starting end of February.

Competitions are held throughout the year.

Uniform:

PE gear for any competitions.

Costs:

TBA, dependent upon equipment required through the club

Rugby

Co-ordinator: Mr C Thomson

General Information:

If there is sufficient interest we would enter a team in the North Harbour competition at an appropriate grade - alternatively, players may be accommodated in a combined HBC schools team. For the past 3 seasons, many of our students have played a key role for combined Whangaparaoa College teams. Some of our players have even captained these sides.

Dates/Times:

Saturday mornings from May

Uniform:

A rugby jersey will be provided by the school. School sports shorts and rugby socks, own boots.

Costs:

TBA

Rowing

Co-ordinator: Mrs J Romminger

General Information:

Established in 2009 with 2 borrowed boats and a few rowers, Wentworth Rowing now has 3 coach boats and 11 of our own rowing boats, including a brand new 'Laszlo' boat in 2016.

We are always looking for keen girls and boys to row or cox. Rowing is open to students from Years 9-13, with costs for the 2015/16 season set at \$1950. This includes all land and water trainings, all regattas (including food and accommodation costs), rowing uniform and a one week summer camp. The only additional cost is for the MAADI Cup regatta which alternates between the North and South Islands for National titles.

Dates/ Times:

A large amount of time and effort is required as training starts in Term 4 and culminates towards the end of Term 1 the following year. On the water trainings are based at the Weiti River, with regattas at Lake Pupuke and Lake Karapiro, whilst the one week camp is based at Mangakino.

Uniform: Rowing singlet provided and students purchase black shorts.

Costs : \$1,950 – see above for inclusions in cost.

Sailing

Co-ordinator: Mr G Murdoch

General Information:

We offer a variety of sailing programmes from a 'Learn to Sail' squad through to the 'Racing Team' who compete in regattas. Trainings normally take place on Tuesday or Thursday after school.

Auckland Inter-Secondary regatta 2-3 March

Teams Regatta 14-16 March

NZSS Teams Regatta – Nelson – 23-28 April

Equipment:

The College provide boats for the Learn to Sail classes and has a number of 420s for team racing regatta.

Costs:

TBC, dependent upon team and regattas entered

Swimming

Co-ordinator: Mr C Thomson

General Information:

Selected students will be invited to swim at the North Harbour zone sports.

Venue:

School Champs – Thursday 11 February – HBC Leisure Centre

North Harbour Interschools – Millenium Pool – 23 February

Other competitions are held throughout the year as well.

Uniform:

Own

Costs:

Dependent upon the event and races but approximately \$15-20 per event for school sanctioned competitions

Tennis

Co-ordinator: Mrs J Romminger

General Information:

This year we would like to enter at least one team for boys and another for girls. The level of competition entered would depend on the ages and experience of the players selected.

Venue:

Various but all will be away games as we do not yet have courts

Dates/times:

Monday afternoons & Saturday mornings during Terms 1 + 4. (NB Does not normally clash with club tennis)

Uniform:

Tops will be provided. Girls may wear either school sports shorts or skirt (provided). Boys wear school sports shorts.

Equipment:

Own racquets

Costs:

\$10

Touch

Co-ordinator: Mr M Harris

General Information:

If there is sufficient interest, teams will be entered in a local competition, otherwise we aim to run a Turbo Touch competition here at school.

Venue:

Either in the College gymnasium or at Silverdale Rugby Club

Dates/times:

Terms 2-3 at school

Term 4 at Silverdale

Uniform:

Playing tops will be provided. School sports shorts and appropriate shoes.

Costs:

TBA

Volleyball

Co-ordinator: Mr M Harris

General Information:

Games are played on Wednesdays for boys and Thursdays for girls at various schools in North Harbour. A local competition is being planned for Coast schools later in the year.

Venue:

North Shore Schools

Dates/times:

Wednesdays and Thursdays

Uniform:

School sports shorts. Playing tops will be provided. Optional knee pads

Costs: TBA

Years 7 & 8 Intermediate Sport – Zone Days

As well as the summer sports listed previously, we also aim to participate in several Intermediate 'Zone Days' throughout the year. Some of these are listed below. These competitions will be advertised through our Daily Notices and teams organised on an 'as needs' basis.

Term 1

- Swimming
- Basketball
- Frisbee
- Cricket

Term 2

- Soccer
- Hockey

Term 3

- Cross Country
- Hockey
- Skiing & Snowboarding
- Volleyball

Term 4

- Athletics
- Dance sports

Sports Fee

ASB College Sport Affiliation Fee

Wentworth College is bound by ASB College Sport rules and regulations for all school sport and, as such, we are required to pay a subscription levy for the running and administration of sport in Auckland. Per student, this works out to **\$15** per annum. This amount will be charged to all students who are involved in a sporting activity for Wentworth College.