



**Sports Information
Handbook
2018**



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 54%. Analysis of our sporting involvement in 2017 showed 67% involved in 'meaningful' sporting co-curricular activities across 20 codes. This high level of participation is something of which we are extremely proud and something we would like to maintain.

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. The effective functioning of all Sports at Wentworth College is dependent on the combined efforts and enthusiasm of everyone within our community.

We believe 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 2018.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Matt Harris', is written over a light blue horizontal line.

Matt Harris
Director of Sport



SPORTS OPTIONS FOR 2018

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
Basketball	Mrs N Timperley & Mrs T Palosne-Buday
Golf	Mr P Langdon
Multisport	Mr M Harris
Pistol Shooting	Greg Yelavich (HBC Pistol Club)
Rowing	Mr B Tong/Mr R Ansell
Sailing	Ms C Worthy
Swimming	Mr M Harris
Tennis	Mrs C Smith
Volleyball	Mr M Harris

Winter Sports (Terms 2 and 3)

Cross country	Mr M Harris
Football	Mr J Hicks
Gymnastics	Mrs C Smith
Hockey	Mr M Harris/Miss A Fisher
Netball	Mrs R Botha
Rugby	Mr A Brown
Badminton	Mr M Harris
Waterpolo	Mr S Jones

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 M Harris

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: Mrs N Timperley & Mrs T Palosne-Buday

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 \$45 per term

Cross Country

Co-ordinator: Mr M Harris

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 inter-school 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 J Hicks

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. The school are currently developing a Futsal competition to create interest around football for 2018 and beyond.

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.

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. Wentworth College also have a learn to golf partnership with the Gulf Harbour Country Club which provides beginners with the opportunity to learn and develop their interest in the sport.

Uniform:

School trousers and Golf top

Equipment:

Own clubs

Costs:

Approximately \$50 for the school competition in Term 1

Gymnastics

Co-ordinator: C Smith

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 M Harris and Miss A Fisher

General Information:

In 2018 the college has 3 hockey teams competing in the North Harbour Secondary Competitions, including an intermediate 6 aside team as a development pathway to senior hockey.

Venue:

Hockey North Harbour, Rosedale Park, Albany

Dates/ Times:

TBA but this has previously been the following nights:

Intermediate team on Tuesday

Boys' First XI on Wednesday

Girls' First XI on Thursday

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 \$200 for the season

Netball

Co-ordinator: Mrs R Botha

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.

Costs:

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

Pistol Shooting

Co-ordinator: HBC Pistol Shooting Club

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 A Brown

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: Mr B Tong/Mr R Ansell

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 2016/17 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: Ms C Worthy

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 M Harris

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 C Smith

General Information:

Tennis is currently a development sport at Wentworth College, with a number of students playing outside of school in the club competitions. We are currently exploring partnerships with local coaches to provide opportunities for students to learn this great sport.

Venue:

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

Dates/times:

Tbc - after school coaching sessions.

Uniform:

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

Equipment:

Own racquets

Costs:

\$50 per term.

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

Sports Code of Conduct

Wentworth College has had a proud tradition of fair play and this reputation is one we wish to continue into the future. It is therefore important that all players, coaches and supporters are aware of our expectations of them on and off the sports field.

A player should agree to:

- Always play by the rules. Play hard, but play fair.
- Let the coach or team captain handle disputes and respect the decisions of officials without gesture or argument.
- Treat opponents with respect.
- Show appreciation for good play by both team-mates and opponents.
- Control temper and exercise self-control at all times.
- Remember that they are playing because they enjoy the sport and work at achieving their personal best.
- Pay the fees for the sport.
- Always wear the full and correct sports uniform.
- Win with humility, lose with dignity.

Cooperation:

- Nonattendance at team meetings, practices and games may result in players being stood down or dropped from the team.
- Any injury sustained at trainings or games, which require medical attention should be reported.
- Take care and look after the sports uniform that will be issued. Wear it with pride.
- Remember all coaching is done on a voluntary basis. Make the coach's job easier by being appreciative and committed.

Behavior of Parent:

- Applaud the performance of all players and both teams
- All comments from the sideline should be unbiased and positive.
- DO NOT abuse any management, officials, opposition players or spectators. Remember they perform this role on a voluntary basis.
- Any inappropriate behavior reflects badly on your child, the team and is likely to tarnish the school's reputation. Let players play their game, not your game
- If you have any issues regarding your child's team, contact the team manager or staff member in the first instance then Sports Department if necessary.
- We value your support and look forward to seeing you on the sidelines.

We encourage all students and parents to sign below to show their agreement to their agreement to this code

Signed: _____ (student)

Signed: _____ (parent)

Participation

We encourage participation in most sports but suggest care is taken not to overload on commitments and workloads. Ultimately this will come down to individual students and families however we recommend a balance between the daily demands of school and sporting commitments. Young adolescents need adequate time to recover both physically and mentally and so we would encourage a healthy balance.

Participation in two or more contact sports is not encouraged. However, participation in at least one summer or winter sport is recommended for all students.

Communication

The lines of communication between all members of the school community are open. We aim to promote sport internally through our Daily Notices. Information regarding meetings, practices and other details will be given to students through this method. We also aim to include details and important information in the school weekly e-newsletter. Students will be informed regularly at the weekly school assemblies where the Sport Prefects will give an account of school teams and performances.

We enjoy celebrating the many sporting successes of our students that take place outside of the school arena. Please email the Sports Department or Main Office with details that should appear in the Congratulations section of the newsletter. The same applies for sports photographs. We like to use lots of photos of our students in action for the Bulletin as well as Yearbook, and so if you have the opportunity to take sporting or action shots we would appreciate these too.

Fees

Each year we are required to pay an annual subscription fee to ASB College Sport. This is the governing body of School Sport, responsible for the overseeing and administration of all sport in the region. Every school is required to pay this yearly subscription based upon their school roll. For Wentworth College this equates to approximately **\$17** per student who **has been or is involved in any sport** for the school this year. This Sports Affiliation fee will be added to individual student accounts during term 2 and will be in addition to individual sports fees.

Each sport will have its own specific costing and requirements. We have attempted to estimate the approximate cost involved but these are subject to confirmation once each season begins.

Selection

We value the work and efforts of our all coaches and ultimately, the team selection should first and foremost be the decision of the delegated coach or person in charge.

- Initial pre-skill/preseason trainings to take place.
- Team selection can be based on evidence seen in initial pre-trial performances as well as recognised, formal 'trial matches'.
- At all times, decisions are at the coaches or person in charge discretion.
- Students may be called up to higher teams under exceptional circumstances, based on the coaches/Teacher in charge (T.I.C)/Person of Responsibility (P.O.R) decision, and approval by the Director of Sport
- Absence – In the event of injury/illness, or other personal situations, this absence will be legitimately accepted, provided prior warning is given.
- With any team sport there will always be exceptional circumstances, which may impact upon selection or team performance, and all concerned will endeavour to resolve the situation to the teams' best needs.

The goal of Sport at Wentworth is always to field our most competitive team at any one time. Therefore students may be selected at any given time, not only at a one off trial.

At the Coaches discretion, he/ she may:

- Pick a team on attitude as well as performance
- Teamwork, co-operation and communication aspects may determine student selection as well as the physical performance.

Team Promotion

Our goal is to field the best team, irrespective of age. Some sporting circumstances may dictate team selection based upon age, weight or year level, etc.; however we want the best team to be representing the school on any given day.

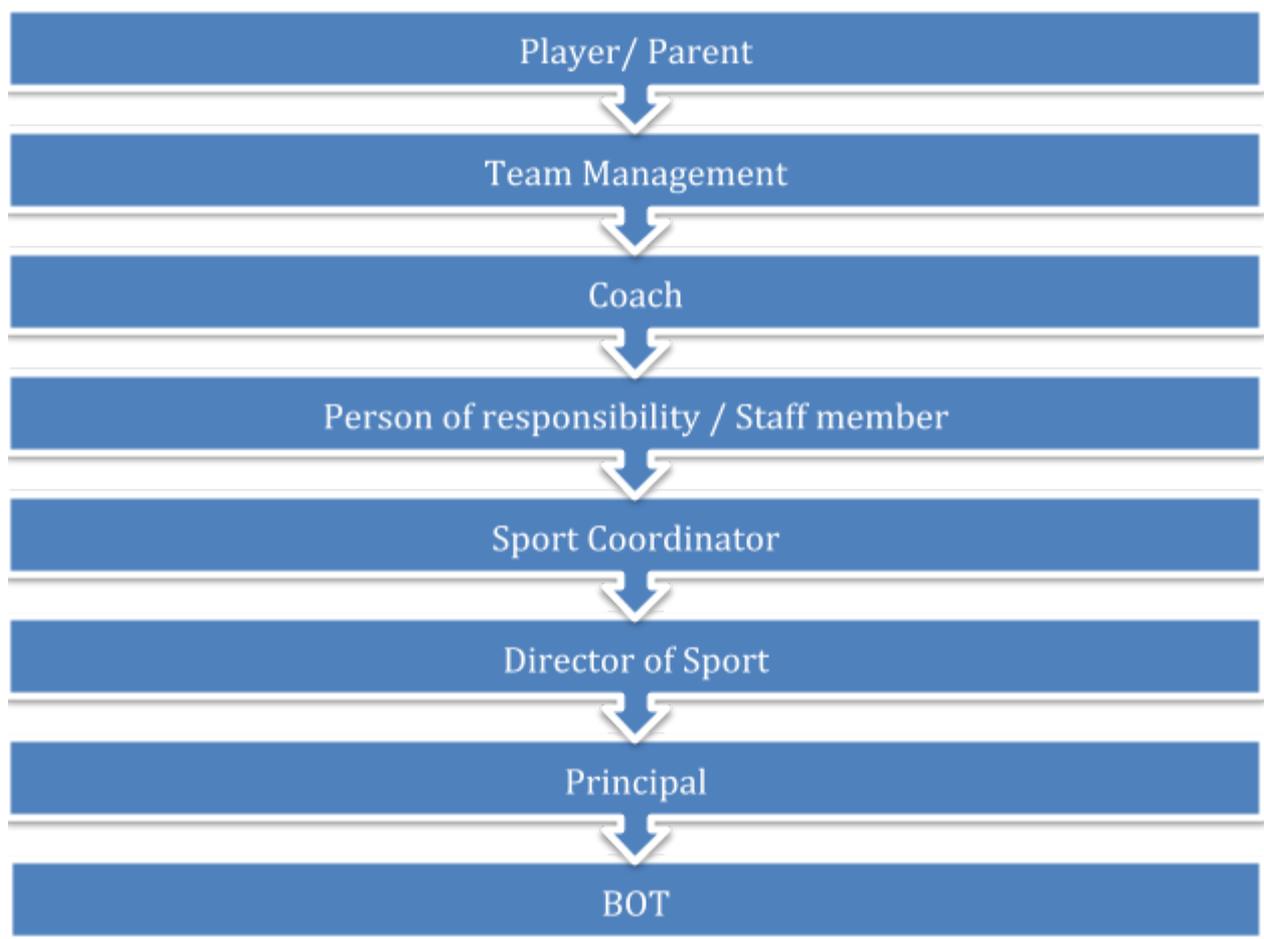
Students therefore can be selected into a higher grade team at any time. Open communication is paramount for this process to be transparent and effective. At all times this should be the Coaches decision, made in conjunction all times this should be the coaches decision, made in conjunction with the P.O.R. and approval of the Director of Sport.

Dispute

In the unlikely event of a dispute or issue we operate through the following process:

- 1) In the first instance anything from a query to a dispute **with regard to an individual or the team players**, should be discussed face to face with the management or coach of that team. This should be at an appropriate time, suitable for both parent and coach to discuss. The matter should be **kept a private matter** between team management and parent. Sideline comments are not helpful to individual's or the team's development.
- 2) If this does not resolve the issue, then contact should be made with the **person of responsibility** or staff member for the team. This contact should also ideally be made face to face or by telephone if possible.
- 3) In the unlikely event of there still being issues, please contact either Sports Coordinator, Caroline Smith, or Director of Sport, Matt Harris
- 4) Wentworth Principal, Bruce Tong would make any final decisions along with the board, if necessary.

Any correspondence/ verbal or written to other schools or organisations concerning complaints must be cleared by the Sports Department before being sent.



Uniforms

Our various sports uniforms are registered for sporting codes and must be adhered to. Wentworth College's official sports colours are navy blue, maroon and white.

Some sports provide uniforms for students to use and for others the students will need to purchase a uniform. Most sports uniforms and equipment required can be purchased through the school at a lower cost than what would be paid retail.

All school provided sports uniforms and equipment must be returned to the coach/ teacher in charge, or the Sports Office at the completion of the season or event. **Failure to return gear or non reasonable damage will result in a request for payment of non-returned items.**

Badges

We encourage students to represent the school with pride and wish to recognise their achievements. Students are permitted to wear **school appropriate badges** on their winter uniform blazers. These must be approved by either the Principal or Director of Sport. We appreciate students may be awarded badges for services to sport or clubs, however, **only official sanctioned badges** will be permitted on school blazers. Students are permitted to wear a badge for up to a year since the date of issue, after which the student may be asked to remove the badge should it no longer be applicable, for example if a student is no longer coaching a team.

Priority Sports & Calendar Considerations

In many schools across the country there is much discussion and debate over summer sports and winter sports. In particular term 1 when the starting date for some winter codes can clash with on-going summer sports.

At Wentworth we believe in the holistic education of every student and aim to offer a range of opportunities to allow students to compete and participate in fully. This belief is supported by research which suggests that early specialisation in sport often fails to produce the best athletes in the long-term and that it is beneficial for young people to participate in a range of sporting activities. In the past we have managed to ensure students can be fully involved in as many sports and activities as they wish.

Increasing pressures are placed upon all sporting codes to ensure all students are given equal opportunity and time to prepare and perform for their chosen sport. Where there is overlap between summer and winter codes increased load is placed upon students which can further increase the risk of burn out, injury and a potential lack of focus on academic studies. To avoid this situation, the following policy will be adhered to where possible. These guidelines are supported by College Sport (the governing body of Auckland Secondary Schools sport) and the NZ Sports Council (the National Sports Organisation set up to co-ordinate, promote and protect school sports).

Flexibility must be given due to our small school nature and environment. Open dialogue and communication from all is necessary.

- The sports focus in Terms 1 and 4 should be **'summer'** sport, and, in Terms 2 and 3, **'winter'** sport should have priority.
- Summer sports trainings and competitions take precedence until the end of summer tournament week [end of March approximately].
- Winter sports trainings and competitions take precedence until the end of winter tournament week [end of August approximately].

Sport Awards

Our annual Sport Awards ceremony will be held towards the end of term 4. The aim is to recognise the achievements, contributions and participations of all our teams and athletes. This is an excellent opportunity to acknowledge all the hard work that is put in during the year and express our gratitude to the coaches, managers and supports for their contributions.

Sportsman & Sportswoman of the Year

As part of our major awards we recognise an overall Sportsman & Sportswoman for each year group.

These awards are intended to reflect the values and philosophy of Wentworth College. In doing so, while the performance level is expected to be excellent, it is not the only consideration. Students contribution and performance for school sporting teams or competitions will be one of the most important factors. Sports sanctioned by ASB College Sport will hold the greatest weighting.

Attitude to training and demonstration of Fair Play are important role modeling attributes and are therefore a factor in the final decision. Other factors which will be considered are things like the size and nature of the competition, time commitment required and level of competition.

Also, service is a part of the philosophy of Wentworth College so the Sportsman and Sportswoman of the year are also expected to be giving back to the school, for example by coaching or mentoring younger players, officiating at games, or leadership within the sports area of the school.

It is expected that the award recipients would have represented the school if there is a team or competition available. They would show a positive attitude towards training and games and demonstrate fair play. They are expected to contribute something back to the school in terms of leadership, role modeling, coaching, etc.

The final decision on these award recipients will be made by a group comprising the Director of Sport, Principal, members of the Physical Education department and the Sports Coordinator. Additional input from staff involved in sports may also be required.

Conclusion

We all want the best for the students and sporting community of Wentworth College. We believe that sport has the opportunity to bring out the best of our students and give them a vehicle to reach their potential.

We hope that the contents of this handbook give some structure, guidance and clarity to all associated in sport at Wentworth. We look forward to the new year and further successes for the College.