

# Sports Newsletter

## NETBALL

Trials are underway at Kensington Netball Courts this month. Keep an eye out in the notices for the YR9 trial dates.

Trialists need to be dressed appropriately with court shoes.

**COACHING** - Anyone interested in coaching netball, hockey and football this season please see Sara Watson at the sports office or contact Sara on [sara.watson@wghs.school.co.nz](mailto:sara.watson@wghs.school.co.nz).

**JUNIOR GIRL'S HAMMER** - Aimee-Leigh Scott attended the NZSS Championships and threw her personal best and new Northland record of 50.78m and won the Hammer throw by 7m. Great achievement Aimee-Leigh, look forward to some more great results in the near future.

## UPCOMING EVENTS -

WGHS Swimming Sports	24/2
NSSSA Triathlon	24/2
NSSSA Leaf Cup Cricket	28/2
NSSSA Swimming	1/3
Senior Girls Volleyball	2/3
NISS Adventure Racing	4/3
NSSSA Rugby 7's U15 Qualifier	7/2
WGHS Athletic Champs	7/3
NSSSA Tennis Open Singles	8/3
NISS Get2Go Seniors	8/3
NISS Rowing	9/3
NSSSA Bowls	10/3
NSSSA Senior Touch	10/3
NI Rowing	10/3
NSSSA Waka Ama	11/3
NSSSA Yachting	11/3
NSSSA Beach to Basin	12/3
NSSSA Senior AFL	13/3
NSSSA Futsal	15/3
NSSSA Mountain Biking	15/3
NSSSA Track & Field	16/3
NSSSA Senior Volleyball Finals	17/3

## GET2GO 2016

The first week of December 2016 saw the combined Whangarei Girls' High School and Whangarei Boys' High School (WARTS), Junior Adventure Racing team, competing at the Hillary Outdoors Get2Go Nationals on Great Barrier Island. After winning the Northland Regionals in August, the team was one of twelve to compete in this weeklong event. Team members Adyn Dudley, Alysha Donovan, Jemma Petty, Pippa Croft, Blake Williamson, Johnny Wilson, Lochiel Espiner and Lucas Thompson trained up to four times a week to prepare for this massive challenge. The first two days involved a range of problem solving activities, including a 10km raft race, a high ropes challenge, and sailing. They then made a strong start on the two day expedition, but unfortunately a team member fell ill and had to be withdrawn from the race, costing the team penalty points. It was amazing to see the team rally together to carry on racing, covering approximately 35km on foot to collect over 1500 points on the Rogaine leg, several hundred more than the next closest team. It was a challenging week both physically and mentally and the team put in a huge effort to keep motivation levels and spirits high, with WARTS coming in third at the end of the week. This is a huge achievement at a National level competition, congratulations team!

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## TE TAI TOKERAU

**TOUCH** - Kiara Henry and Kyra Manahi won gold at the National IPS Touch Tournament. Well done girls.

