

SPORTS NEWSLETTER

NSSA SAILING - The sailing nationals were held at Algies Bay, Warkworth this year. A combined WGHS team entered for the first time in many years. Most of the team were from WGHS and included, **Grace Elliot, Sam Skovlund, Kaea Neville, Monica Neville and Carlotta Varnhorn**. There were 31 teams from across the country competing, making it a big event and very competitive. The girls did very well and placed 25th overall. The weather was generally very good but they lost some time due to heavy winds one afternoon. For all the sailors it was their first Team Sailing National Regatta. WGHS did a lot of training with WBHS consisting of sailing twice a week and attending training regattas at Kerikeri and Algies Bay beforehand. The girls will be doing winter training to keep the momentum going and the new season will kick off with the Spring Regatta held at Paura Bay on the 5th -7th October.



INSIDE THIS ISSUE

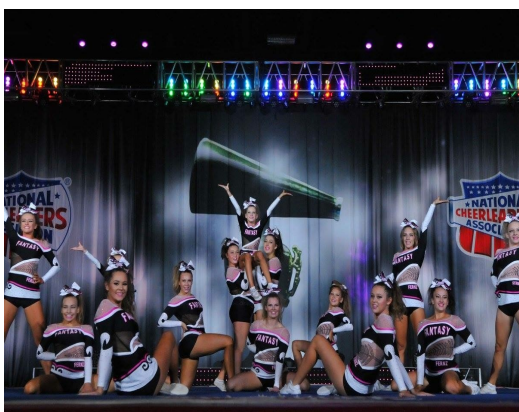
Sailing	1
Golf	1
Squash	1
Cheerleading	1
Badminton	1
Waka Ama	1
Cross Country	1
Hillary Challenge	2
Rogaine	2



GOLF - **Soktaera & Soktaerodh Sean and Taylor Wyatt-Logan** won their games and have qualified for the NZ Secondary School Championship at Nelson in August. Good luck girls.

SQUASH - Five WGHS girls attended the NSSA individual Squash Tournament held at the Whangarei Squash Club, coming away with some great results. **Iyra Stewart** placed 2nd and **Tia Saunders** 3rd. In August our WGHS Squash Team is heading to Palmerston North to compete in the NZSS Squash tournament. Good luck girls.

CHEERLEADING **Maya Prochaska, Genie Blasingame, Piper Sturge, Kendra Scott, Alyce McLean, Melissa Clements, Lakeisha Cummings and Stephanie Bracey** attended the United States Cheerleading competitions - NCA Dallas in February and placed a staggering 3rd place finish. They are all members of Fantasy Cheerleading in Whangarei and only 3 of over 20 international teams placed in this competition. Well done girls what an amazing experience.



BADMINTON - **Lauryn Smith** has been selected to play for the Northland Women's Badminton Team which will play in the National Division 5 competition. Well done Lauryn and good luck.



WAKA AMA - **Nikita Henare, Zane Heta, Kalaia Heta and Eden Collier** and 8 other competitors from other clubs attended the IVF Va'a World Club Waka Ama Sprint Champs in the Sunshine Coast, Australia. They placed 1st in the W12, 500m J19s Women's race and 5th in the W6, 500m J19's Women's race. What a great result and an experience not to miss.

WGHS CROSS COUNTRY - A good turn out with approx 100 students participating. **Geneva Overwater - 1st, Mia Gordon - 2nd and Jessica Pilmer - 3rd overall**. Well done girls. Barge Park Cross Country is next so look out for the results in our next newsletter.

Hillary Challenge 2016 - Over the past few weeks this event has had so much media and school coverage that for the first time in 16 years Whangarei Girls and Boys High Schools have won the Genesis Energy Hillary Challenge. This is the pinnacle event for Senior Adventure Racers with 12 teams having to qualify to enter this week long event in Tongariro National Park.

The event comprises of two days of problem solving where teams face six challenges a day, some mental, some physical and others a bit of both. This years problems involved search and rescue, catapult construction, rogaine, MTB skills, abseiling waterfalls, tree identification, memory activities and other such tasks. The third and fourth days are made up of an overnight expedition, where teams collect as many points as they can by visiting locations on a map. They have no outside help for this, however, an instructor follows them for safety. This year teams started in 100km winds on the Turoa Ski Field and headed northwest to finish at The Tongariro Chateau. Our team covered about 54km over the two days, with 12-17kg packs on, staying in some of the worst conditions the area had seen this year, with 30mls of rain coming down over 3 hours. The final day is a multi-sport race, where teams run 10km, raft 5km, run 7km and Mountain Biking 26km to finish at the Hillary Outdoors Centre. Once all our scores were scaled we came away with a 98 point lead over New Plymouth Boys' and Girls' High Schools, a comfortable point difference and a great example of the high level of competition between the top schools. Callum Harris and myself are extremely proud of the effort that the team put into their preparation this year, we are always so spoilt with the students who trial, and finally, this year, it all came together. I would really like to thank Callum Harris who has bravely come on board as coach this year. He has brought new ideas and a passion for the sport which has been greatly appreciated and will hold the squad in good stead for years to come. A huge thanks to the parents who have been so supportive of every decision I have made this year and in previous years, which has created a warm and caring environment for everyone. A big thank you to the staff and principals who have been so supportive. This year we had a number of community sponsors, which significantly reduced the financial stress of attending this event so thank you for that. I would lastly like to acknowledge the team, an outstanding bunch of individuals, however, even more amazing when they come together. This sport requires constant consideration of how everyone is going, and unlike other team sports, you are truly only as strong as your weakest member. To **Mackenzie Johnson, Angus Dorahy, Matt Kingi, Geneva Overwater, Callum Hill, Alesha Ahrens, Macey Polwart and Flynn Hill**, we are so proud of your achievement, you are truly amazing athletes and have been a fantastic team. Well done!!!! A big thank you to all the generous sponsors who helped the team get where they are today. **Olivia McLeod.**

New World Regent * Morris and Morris * Robinson Memorials * Harts Funerals*
Landmark Homes NZ * Sumpter Baughen Chartered Accountants * Pierces Flooring
Xtra * Landmark Homes Northland * Alan Fraser * Toni Sherwood Ray White * United
Civil * Whangarei Foot Clinic * Unichem Onerahi Pharmacy * Active Refrigeration
*** Mico Plumbing * SSP Engineering * Kevin Reid Contracting * Nutrilink *Northland**
Scaffolding Limited * John Duff Roofing * Don & Liz Fraser * Laser Electrical



New Zealand Secondary School Rogaine Nationals- Christchurch

- On the 28th of May Callum Harris and myself took 10 students to Christchurch to compete in the New Zealand Secondary School Rogaine Championships. This year the event was held on the Port Hills above the suburb of Cashmere. Once planning was completed, our teams set about upholding the high standard that we have set at this event for the past few years. We came away with some very pleasing results; Callum Hill and Flynn Hill placed first in the senior boys division. **Geneva Overwater and Macey Polwart** placed an impressive third in the Senior Girls Division. Mika Hill and Heath Mitchell placed seventh in the Senior Boys. Lucas Thompson and Lochie Espiner placed third in Junior Boys with Blake Williamson and Johnny Wilson coming in fourth place, only seconds behind. These results are very supportive of the navigational skills we currently have within our Adventure Racing Squad, with the aim of improving students' ability to orienteer over this next year. Thank you to Steve and Frances Hill who came away as parent support and to our sponsor New World Regent.

This was my final event as co-coach for Adventure Racing at Whangarei Girls' and Boys' High Schools. Thank you for all the support I have received, it has been greatly appreciated, I



wish all the best to the new racers coming on board this year and to all the old ones as well.

Olivia McLeod