

Sports Newsletter

Welcome to WGHS sports newsletter for 2018. We have a great eventful year coming up in the sports department. Please look out for any information regarding sign ups, competitions, practices etc in our Daily Notices (which can be accessed on Parent Portal), newsletters (permission slips), alerts on our APP or just simply go to the sports page in our APP. Otherwise you can either email Sara Watson at sara.watson@wghs.school.nz or Dianne Sullivan at dianne.sullivan@wghs.school.nz

VOLLEYBALL - WGHS entered two teams of Year 9 & 10 students into the **NISS Volleyball** tournament at the end of 2017. It was a tough week for them with some great competition and they were able to pick out the positives and come away with three unexpected wins. The Junior A team placed 3rd overall in Division 2 and our Junior B team placed 13th overall in Division 3.

The tournament was a great experience for the girls and they gained a lot from the week, both with their sport and personal development. They represented WGHS to the highest standard.



Team A - Jazmine Cassidy-Maeva, Heidyn Harrison, Terina Hauraki, Jessica Lang, Stella Lassey, Grace Nikora, Daniellah Patuawa, Tammy Smith, Hazel Stolz, Kahurangi Yates-Roma.



Team B - Grace Anaru, Abbey Crene, Ronda Edmonds, Yazmin Kecskemeti, Lilly McCallum, Grace Murdoch, Yara Musa, Lucy Stanley, Amelie Tuato'o and Jessica Walker

VOLLEYBALL NZ YOUTH WOMEN DEVELOPMENT CAMP

- Grace Nikora, Hazel Stolz and Terina Hauraki were selected to attend this camp in Hamilton. They had an amazing time and great learning experiences. They were teamed off in groups of 15 - 20 players with 5 NZ coaches training the groups. At the end of the camp there were awards given and Terina had received the Best Overall award. Well done girls.

ATHLETICS - Jenna Johnston, Holly Rule and Amy Alderton entered the NI Colgate Games in December last year and had some great results. Jenna won the high jump, clearing 1.61m and she also won the high jump in the Athletics Auckland Senior meeting clearing 1.63m which currently places her 5th in the Senior Women National rankings. Jenna was also part of the Athletics Whangarei 4 x 100m team that won Bronze at the Colgate Games, the team included Holly Rule and Amy Alderton. Amy Alderton confirmed her status as the third ranked 13yr old Sprinter in NZ taking the Bronze Medal in both sprints at the Colgate Games, equaling the Northland record in the 200m.

Jenna Johnston has established herself as the No.1 High Jumper of her age (14). She is the 5th ranked Woman (all ages) in NZ, she is unbeaten this year and she won the NI Athletics Championships.

Holly Rule was a finalist at the NI Athletics champs in the 100m and 200m races. Amy Alderton has established herself as the No 3 13 year old in NZ also Northland's top female sprinter with bronze medals at the NI Athletics Champs. These 3 girls were part of the Athletics Whangarei sprint relay team who got the bronze medal at the NI Athletics Champs. All have qualified for the NZ National Championships.

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AUSTRALIAN SECONDARY SCHOOLS

ATHLETICS - During the summer holidays Aimee-Leigh Scott was selected to represent NZ at the Australian Secondary Schools Championships in Adelaide. Aimee-Leigh competed in the senior girls hammer throw and after awkwardly getting her hammer stuck in the cage a day before her event, she managed to place 7th. Aimee-Leigh had an amazing experience, meeting new people from the NZ team (some of which who competed at the Commonwealth Youth Games). The support was great and even better was being able to wear the black singlet for the first time and to compete against so many talented athletes. Well done Aimee-Leigh.

BEACH VOLLEYBALL

- Grace Nikora and Terina Hauraki placed 6th at the NISS Junior Beach Volleyball in Year 10 while Heidyn Harrison and Jazmin Cassidy placed 12th in the same division.

NZ NETBALL DEVELOPMENT CAMP - Jessie Taylor was selected into the NZSS Netball Development Camps for 2018. She was also selected into the NZSS Hunt for Height Development programme which only chose 7 students in NZ. Congratulations Jessie.

GET2GO - 96 adventurous secondary school students were excited to take part in the Torpedo7 Get2Go final on Great Barrier Island in December 2017, organised and hosted by Hillary Outdoors. WGHS and WBHS took home the winner's trophy as they battled other schools in a range of fun but testing challenges; including orienteering, kayaking, rock climbing and mountain biking.

There were 12 participating teams that had won their hard-earned places in the final by qualifying in regional events held across both the North and South Islands. Get2Go action is a mixture of the Amazing Race, Survivor and Treasure Island.

The Get2Go activity is a phenomenal opportunity for our young people to experience challenge, and overcome adversity in a safe and controlled environment that sets them up for real life interactions and decision making.

The winning team consists of: Alysha Donovan (also named as Captain of the NZ Junior Adventure Racing Team), Philippa Croft, Adyn Dudley, Jemma Petty, (WGHS) Mac Rivers, John Magrath, Caleb Williamson and Felix Tasker-Erceg (WBHS). Awesome effort Get2Go team, keep up the good results.



Above: Holly Rule



Below: Jenna Johnston

TRIALS - NETBALL, HOCKEY AND FOOTBALL -

Trials are full on at present and teams will soon be organised, if not already. Please remember if players have signed up and registered for a team, they are committing themselves to that sport and team. If they decide not to play they will have to let the organisers or the Sports office know asap, otherwise there will be a registration fee applied to their account. Please **DO NOT** sign up a buddy, as they will be liable for the registration fee if they are not playing. Prompt payment of season fees would be greatly appreciated and then your daughter can collect her sports uniform for the season.

TEAM SELECTIONS - Our sports teams are being selected and are nearly ready to go for another year. Unfortunately not all of our students will be selected in the teams they were trialling for due to limited team numbers. With a huge number of students wanting to play sport there are always those that miss out on their preferred team. While missing out is always disappointing it is also a learning point as to how we respond to this. It is recommended that you ask why you missed out as it could give you an idea on how you can improve. There is a very good quote from a top sports person—"If you're trying to achieve, there will be roadblocks, I've had them, many of them, but obstacles should not stop you achieving. Work out a way to overcome them and you will achieve."

Up and Coming Events

- Leaf Cup Cricket
- NISS Rowing
- Volleyball
- Surfing
- NISS Rowing
- Futsal
- Mountain Biking
- Get2Go
- Clay Target Shooting
- Touch
- Track and Field
- Waka Ama
- Summer Tournament Week
- And many more events