

Sports Newsletter

SUMMER TOURNAMENT WEEK - WGHS had a few teams travel around New Zealand to compete against other secondary schools. WGHS achieved some great results and a lot of experience. We had the Volleyball team play in Palmerston North, Waka Ama Championships in Rotorua and Futsal played in Wellington.

FUTSAL - WGHS placed 6th overall at the Championships in Wellington. The coach, Christian Reynolds, commented on how amazing the team was and that the teams they were up against had NZ Secondary School football players in their teams with super skills. Our girls played with their hearts and their teamwork was outstanding. We should all be so proud of them.

Congratulations: **Caitlin Alabaster, Meg Clements, Angela Fahey, Paige Ihaka, Abbie Maher, Rachel Maher, Sarah Powell, Jayde Reynolds, Jaimee Twichel & Abbey Venmore.**

VOLLEYBALL - WGHS Volleyball team travelled to Palmerston North to play in a tough draw. The team played so well considering that several players were knocked down by a gastro bug. Final result showed WGHS place 29th out of 117 teams NZ wide.

Congratulations: **Devon Ashcroft, Zahna Campbell, Aimee Damerell, Heidyn Harrison, Terina Hauraki, Karess Hayward-Dodd, Grace Nikora, Uma Robinson, Kelena Roughan and Brittney Sackfield.**

NSSA WAKA AMA - Results as follows: J16 Women 250m V1 (1 person rudderless va'a) final: 1st - **Paige Fisher**, 2nd - **Kiara Henry**, 3rd - **Pai-Marie Kaipo** - J16 Women 250m W6 (6 person waka) final: 1st - Hine Tu Maia WGHS team. J19 Women 250m W6 final: 2nd - Kia Kaha Kia Toa WGHS Team - J16 Women 1 turn 500m W6 final: 1st Hine Tu Maia and 3rd Man Wahine WGHS Teams - J19 Women 1 Turn 500m W6 final: 1st Kia Kaha Kia Toa WGHS team.

NZSS WAKA AMA - WGHS departed Whangarei for Rotorua with a karakia to ensure their safe journey. They were on the road with a contingent of 30 students, 3 coaches, 2 parents, 1 teacher, 3 vans, 2 trucks, a trailer and a 5 single waka in tow. What a sight that would have been. WGHS were privileged to have WBHS J16 and Kamo J19 join them, travel, stay and eat with them also. A true reflection of whanaungatanga and schools supporting each other. The successes on the water are a credit to the club training and bonding these girls have and bring to their team. The guidance and support they received by their respective coaches were professional, meaningful and admirable. Ringi Hohepa, teacher, travelled with the group and commends each girl for her efforts on the water, the determination and passion was evident and she was proud to witness it. Our U16 team, Hine Tu Maia, placed 5th overall in the W6 250m and 500m and U19 team, Kai Kaha Kia Toa, placed 6th overall in the W6 250m and 500m final. Congratulations to all the competitors from WGHS/WBHS and KHS.

WATER SKIING - **Courtney Williams and Maddie Wainwright** competed in the NZ v Australia competition in Whanganui. Courtney won the bronze medal in the U17's tricks division and Maddie won gold in the U14's overall. At the NZ Nationals Courtney won silver in the U17 girls' jump and also silver overall. Courtney won a gold medal in the U17 trick event and took home the silver medal in the open women's. She was selected in the NZ U17 junior worlds team to travel to Spain in August. Maddie won silver in the Junior girls tricks and a bronze medal overall. Great results girls and good luck Courtney in Spain.



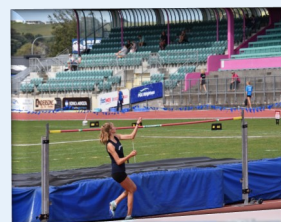
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NISS ATHLETICS - **Amy Alderton, Jenna Johnston, Mateja Matijevich-Wiki, Holly Rule and Aimee-Leigh Scott** travelled to Whanganui to attend the North Island Athletics champs and competed extremely well. North Island Junior long jump and triple jump champ is Amy Alderton, she jumped at 5.03m and is the only junior to jump over 5metres. Amy also placed 3rd in the 100m final.

Jenna Johnston placed 5th in the intermediate high jump, Mateja Matijevich-Wiki placed 3rd in intermediate hammer, 5th in shot put and 7th in discus. Holly Rule placed 7th in the 400m intermediate final.

Aimee-Leigh Scott placed 3rd in the senior discus and 3rd in hammer. Amy and Holly ran in the senior relay 100m team and place 2nd. Such fantastic results from WGHS girls.



SAILING - A team of five girls travelled to Algies Bay in Albany to compete in the NZSS Teams Sailing National Championships. The weather was just ok at the beginning of the week with not a lot of wind around for the fleets. Towards the end of the week the wind finally came on for them and the sailing was great. Auckland Grammar took out the competition and Napier Girls' were the top girls team. WGHS team, **Georgia Harris, Paige Ihaka, Monica Neville, Michelle Skovlund and Kate Wickline, Kaea Neville and Skye Sigley (ex WGHS students) and coach, Hazel Hornel** did us all proud with great attitudes on and off the water.



KARATE - **Yvette Hendrikse** competed in the Whangarei Open tournament and won Gold in Kata and Silver in Kumite. Well done Yvette. Look forward to more great results in the future.

GREAT ACHIEVEMENTS - **Olivia Crum** has made the NZ Junior Karate Team and **Kelena Roughan** has made the NZ Junior Volleyball team. Congratulations

Up and Coming Events

- 6 Aside Hockey
- League
- Basketball
- Cross Country
- Table Tennis
- Squash
- Floorball



Contact: Sara Watson at
Sara.watson@wghs.school.nz

If your daughter has achieved at a high level in a sport not offered at our school, please let us know all the details so we can acknowledge her achievement as she may be eligible for colours.

NSSA SURFING (Event 2) - Great day on the water for the second event of the year held at Sandy Bay. **Arlia Gray** placed 4th in the U14 girls division and **Grace Pevats** placed 1st in the U19 girls division with a score of 62. Well done girls and good luck with the 3rd event coming up soon.

NSSA EQUESTRIAN - Last term, two teams represented WGHS in the Combined Training Equestrian Champs at Kaikohe. The riders, **Ella Johns, Shanelle Rae, Chloe Leggott, Isabelle Jameson, Macee Latimer, Tegan Rutherford and Jessi Joll** all competed both individually and in teams over two equestrian disciplines (dressage and show jumping). The riders all rode very well against strong competition from all over Northland. WGHS Gold Team placed 4th in the overall team event. Individual achievements included: Chloe Leggott riding Toronto placed 3rd overall in the pre-training class, Isabelle Jameson riding Kabo Cosmic placed 4th overall in the training class, and Ella Johns riding Kaitake Fynn placed 1st in dressage and 1st overall in the training class.



NSSA TENNIS - A great participation fun day for the girls who entered the tennis tournament at Thomas Neal courts. They came away with some good experience and great tips.

NETBALL, HOCKEY & FOOTBALL - The season is underway with football starting this week. Netball and Hockey have had their grading games and are now into the competition. Just a reminder that the season fees are now due and it would be appreciated if payment could be made at your earliest convenience. Good luck to all you competitors out there, play fair and hard.