

Sports Newsletter



NSSA HOCKEY 6 ASIDE - What a great day this was with 7 WGHS teams entering. Some girls had not played hockey before but they listened to the rules and instructions and performed well with lots of fun on and off the turf. There were some fantastic results from our WGHS teams but our Bluesies team came through on top

beating Kamo High School in the final.

Congratulations to all teams especially the Bluesies team: L to R Back Row: **Stella Lassey, Katie Barnes, Jess Wech, Kyra Manahi**

Front Row: **Amy Hunt, Emma Robinson and Alysha Donovan**

WGHS CROSS COUNTRY -

We managed to pick a good day for the WGHS 3.8 km cross country run. It would be great to see many more competitors run this event as it is a good training run for any sport you play or just for your fitness. Congratulations to the following girls:

Overall - 1st Mia Gordon, 2nd Geneva Overwater & 3rd Jorja Swain

Junior - 1st Aidyn Dudley, 2nd Pippa Croft & 3rd Jemma Petty

Intermediate - 1st Mia Gordon, 2nd Jorja Swain & 3rd Alysha Donovan

Senior - 1st Geneva Overwater, 2nd Courtney Crum & 3rd Jess Pilmer

Thanks to the Yr13's and staff who helped out. Your efforts were greatly appreciated.

Congratulations to the girls who qualified for NSSA Cross Country at Barge Park: Amy Brown, Caitlin Campbell, Nellie Clark, Pippa Croft, Alysha Donovan, Aidyn Dudley, Mia Gordon, Courtney Hammond, Seraina Hofstetter, Jessica McRae, Geneva Overwater, Jemma Petty, Jessica Pilmer, Aranka Schmucki, Jorja Swain, Tara-Leigh Turner and Maddy Whittam.

AMENDED HOCKEY NORTHLAND U18 REPRESENTATIVES - Apologies for the error in last month's newsletter.

Aimee-Leigh Scott and Sarah Barnes were not mentioned in the squad last month. So the correct representatives are:

Aimee-Leigh Scott, Sarah Barnes, Monique Beasley, Pauline Bechmann, Liv Crum, Hollie Hunt, Geneva Overwater, Ella Parr, Jess Pilmer and Casey Rapana.

NSSA CROSS COUNTRY -

Another great day for the cross country run at Barge Park on Tuesday 13th June. Twelve WGHS students competed in this race against Northland Secondary Schools. Congratulations to:

Geneva Overwater who placed 1st in the Senior U19's, **Mia Gordon** who placed 1st and **Alysha Donovan** 2nd in the Junior U16 division. All girls ran exceptionally well.

Congratulations to the following girls who also competed at Barge Park:

Year 9 - Amy Brown, Aranka Schmucki and Maddy Whittam

Junior U16 - Jemma Petty, Pippa Croft, Alysha Donovan, Aidyn Dudley and Jessica McRae.

Senior U19 - Courtney Hammond and Seraina Hofstetter

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VOLLEYBALL - **Grace Nikora** has been named in the NZ Youth Volleyball Team to prepare for an overseas tour and tournament in 2018. Selection in this team represents the next wave of performance athletes in age group and youth area.

Volleyball coach, Grant Harrison was fortunate to attend the Educare Northland Talent Hub session with **Kelena Roughan**. The programme will suit Kelena and assist her to prepare to meet her short term volleyball goal of 2017 Asian Junior Championships. She will also be travelling to Napier later in the year to take part in the quadrangular tournament for her age group. Good luck Kelena for your up and coming adventures.



NETBALL - With the season at the halfway point, there have been some great results from all teams. Senior 1 is playing in the Premier grade and have had some great performances. One to note, is the outstanding game against last year's runner-up team, Body Trainer Fideliter.

WGHS had a strong start and were in the lead for a majority of the game, only to have the game slip away in the last couple of minutes. This is one of their most exciting games, not only for the players but all their families and supporters. Well done team!!

Senior 2 is the only collegiate team in the next grade of Premier Reserve and have had two strong performances in the last couple of weeks. Last week however, they played WGHS 10-1, (top placed Collegiate A1 grade), and narrowly lost by 2 goals. Senior 2 are now in the A1 grade and WGHS 10-1 have moved to the Premier Reserve grade. Hard luck for Senior 2 but great for our 10-1 team.

A few teams also have promotion/relegation games coming up. GOOD LUCK to all those teams involved. Keep training and work hard.

QUOTE - STAY POSITIVE, WORK HARD AND MAKE IT HAPPEN

NSSA SQUASH INDIVIDUAL CHAMPS

WGHS attended the championship at the Whangarei Squash Club and did very well against other talented Northland individuals. Girls Open Division: **Pippa Saunders - 3rd**

Girls Novice: **Lucy Stanley 1st** and **Abby Griffin 2nd**. Well done girls.

SURFING - **Grace Pevats and Billie Scott** have done extremely well in the Northland Scholastic Surfing Series retaining their respective championships. Grace placed 1st in the U16's division qualifying her a spot in the Northland team for Nationals. Billie attended the 3rd series at Waipapakauri in the Far North recently and surfed amazingly in glassy 2m waves. She took out all three qualifying contests for U18's which will solidify her a spot in the Northland team headed for the Nationals in Gisborne in October. Both Grace and Billie attended the South Island Champs in Dunedin at Easter and both came away with credible 3rd place finishes in their U16 & U18 divisions. Best of luck for the Nationals.



NZSS ADVENTURE RACING - Both senior and junior teams have been busy this year competing in numerous events across NZ. The NZSS Adventure Racing Championships took place in Tutira, Hawkes Bay. A 12 hour race that had the teams navigating the rough terrain on foot, mountain bike and kayak. Our top boys and girls teams both placed in the top three, the girls placing second and the boys third.

The Adventure Racing Coromandel Midnight Express race was an 18 hour epic on the Coromandel Peninsula. Starting at midnight, the race posed some obvious strategic and physical challenges. Racing against adults, our teams held their own but were outdone by experienced older teams.

The pinnacle of Secondary School Adventure Racing is the 5 Day Hillary Challenge which took place in early May. The team put huge amounts of training into this week, using the above events as training and using much of their holidays on training camps to prepare. They were up at 5am for weekly morning trainings and would go out for 10 hour training runs and mountain bikes in the weekends. The team managed to balance their school work with the demands of this sport - a fantastic feat, and some amazing memories made. The team had an uncharacteristically bad start to the week, with a few strategic mistakes and were unable to claim a top three spot to automatically qualify for next year. They place 6th in NZ, which is an incredible effort, particularly with the calibre of our opponents.

We have plenty more to look forward to, with the 6 hour operation Ruru, AKSSA Rogaine Champs, P6 and Get2Go races still to come.

New World Regent and Educare continue to support all of our Adventure Racing Teams and without their support we would not be able to compete at the level we do. Our sincere thanks. *Callum Harris*



NZSS ROGAIINE These championships were also held in the Hawkes Bay and WGHS was crowned the National Champions in both the senior and junior categories. The race was 4 hours on foot and was a mix of farm, and forest map.

Up and coming events

- **Turbo Touch**
- **NZ Shooting Champs**
- **NZ Orienteering**
- **NZ Gymsport**
- **NZ Squash Champs**
- **Get 2 Go Regionals**
- **Basketball**
- **Ki-O-Rahi**