



Whangarei Girls' High School Sports Newsletter

AUGUST 2018

THE BEAST

WGHS had 27 students entered into The Beast (the biggest mud event in Northland) at Haruru Falls. The competitors had to roll in swamps and mud pits and run/walk the 7km track. They were covered in mud with smiles on their faces. At the finish line there were fire fighters hosing down the competitors.

Bree Monaghan placed first in the girls' division. Great effort, Bree.

This event is getting larger by the year with 450 secondary school competitors on the Friday and 1000 other competitors on the Saturday.



Northland U18 Women's Hockey

Liv Crum, Alysha Donovan, Helene Herzog, Hollie Hunt, Grace Moscrip, Casey Rapana, Rosemary Reed, Aimee-Leigh Scott, Makayla Templeton and Jennifer Tobin travelled to Dunedin in the holidays to compete in the National U18 Hockey tournament. The team played exceptional together and placed 5th overall, coming back from 0-1 down in the last two minutes of their play off game to equalise against Southern, going on to win in penalty shootouts.

NSSA SQUASH



Three WGHS teams entered the NSSA teams novice and open squash tournament at Whangarei Squash Club. The girls played very hard and fair and came away with some great results.

Caitlin Guest, Abby Griffin and Maya Harold won the novice division and **Jodie West, Amy Brown and Ruby Collins** won the open division.

All the girls played with great sportsmanship and gave each other a lot of support.

Thank you to Rachel Drysdale for the encouragement and management of the team.



NZSS SQUASH

Amy Brown, Brylee Chapman, Ruby Collins, Shea Ferguson, Pippa Saunders and Jodi West travelled to Palmerston North recently to compete in the NZSS Squash Teams' event. This is the biggest squash tournament held each year in NZ. There were 34 boys' teams and 21 girls' teams who entered this year. Seeded 5th, our first opponents were the 12th seeds, St Matthews Collegiate, with us winning 5-0. Next for a place in the semis were last year's winners, Palmerston North Girls' High. The girls fought hard but narrowly lost 3-2. We then played Waikato Diocesan; again we won 5-0. Then we went on to play Havelock North High with us winning 4-1 which took us to 5th place in the final. A huge congratulations to **Shea Ferguson** who was named in the NZSS Junior Girls' team to play against NSW and Queensland teams in Sydney shortly. A big thank you to Audrey Green, Delwyn Houlihan and Justine Collins for the support and organisation of the team and event.

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FLOORBALL

WGHS had four teams enter the NSSA Floorball tournament for the first time. As this is a relatively new sport, our girls did extremely well. They played against mixed teams and also Boys' High teams. WGHS Senior Yellow team placed 2nd overall and our junior Black and White teams placed 3rd equal. Lots of fun all round.



SHOWJUMPING

Isabelle Jameson competed at the Russian Friendship games in horse riding for NZ. She won the second round of the teams' event in showjumping. Well done, Isabelle.

NETBALL

WGHS 9-1 travelled to Auckland to compete in the annual Auckland Combined Points Netball Tournament. There were five Year 9 sections. WGHS team was grouped with the top Year 9 teams from Auckland Girls' Grammar, Epsom Girls' Grammar, Onehunga High School and Sacred Heart College from Hamilton. We were very competitive in all of our games - either leading or tied at half time. Only the top team from each section progressed through to the semifinals, and although we did not win our section, we were proud of how we competed.

Before we departed for home, we watched the dying stages of a Premier section semifinal which went into overtime. It was exciting, physical and very skilful, and made us extremely motivated to continue on to play senior netball and play at this top level.

One of the advantages of attending a tournament is the chance to play multiple games together. We played four games at this mid week tournament, which is very valuable in terms of time together on court as a team. It really showed in our following Saturday game - we had improved so much! We had a great win - it was crucial that we won by 6 points or more to make our way into the top four of our College A Section...and we won by 6! This is one step closer to achieving our season goals.

• *Jamie Crabb (Manager)*

WGHS would like to thank our 9-1 coach, Myra Wihongi, and manager, Jamie Crabb, for their support and hard work organising the team.

NSSA BADMINTON

INDIVIDUALS: Six WGHS students entered the Individual Badminton Championships at Porowini Ave courts. They played some very hard games against some of Northlands top players from Kerikeri, Rodney College and other Northland Secondary Schools. Well done, **Tia Hilton, Amy Hunt, Jessica Jeffs, Stella Lassey, Aimee Pratt and Emma Robinson.**

TEAMS: Six WGHS teams competed in the NSSA Teams tournament and played well against the other Northland teams. Our Red team made it through to the plate final against Kaikohe Christian School but did not quite pull through to win the game, placing 2nd. Congratulations to the Red team - **Amy Hunt, Stella Lassey, Sophia Trigg and Katie Barnes.**

SWIMMING

Nellie Clark entered the NZ Open Swimming Champs held in Auckland in July. She entered the 50m (beating her personal best time) & 100m breaststroke events and did extremely well. Nellie came away with a great experience from the competition.

TABLE TENNIS

The NSSA Novice Championships were held here in Whangarei. A fun filled day for all 21 WGHS students. They participated very well against other Northland schools with no placings for our school. However, the girls gained a lot of experience and enjoyed playing the games.

2018 WGHS SPORTS AWARDS

Save the date: Thursday 27th September. Held at Manawahine Gym. Starting time 6.00pm - 7.30pm. Guest speakers, spot prizes and much more. More details to follow.

BASKETBALL



WGHS Blue and Gold basketball teams competed at the ASB Stadium against 15 other Northland Schools. They had some fierce games but our Gold team reached the finals against Okaihau College. The final was touch and go and very close but Okaihau just managed to get there in the end, placing us 2nd. Well done girls, great results.

NZSS ROGAINE

A Rogaine is a test of strategic route choice, map reading skills, physical fitness and team work. This event was held in Rotorua in the Whakarewarewa Forest. All the girls worked really hard at this event and one of our senior teams placed 3rd. They were **Eila-Rose Jones, Jemma Petty and Britney Campbell.** Fantastic effort from WGHS students.

ASB SECONDARY SCHOOLS SPORTS AWARDS NOMINATIONS OPEN

Would ALL students who have achieved highly at a regional, national or international level for their sport please make sure your coach, parent or your teacher makes a nomination online at the Sport Northland website. Nominations close on Thursday 13th September. The website is www.sportnorthland.co.nz. If you have received school colours or elite colours for sport you should be nominated for these awards. Please see Sara in the Sports Office if you have any queries or if you wish for Sara to put a nomination in for you.

GET2GO QUALIFIERS

The Get2Go Challenge comprises a series of fun multisport regional events, culminating in a Grand Final for qualifying participants. It is like the Amazing Race, Treasure Island and Survivor, mixed together with adventure sports including rock climbing, orienteering, kayaking, mountain biking and a little bit of problem solving. Eight WGHS students competed in the Northland Get2Go at the end of July and placed 1st and 2nd. Congratulations **Caitlin Campbell, Claire Donelley, Samantha Forsyth, Emma Hainsworth, Holly Hilton-Jones, Bree Monaghan, Emelia Ruddell and Kyah Young.**

Coming Up

Netball Tournaments

Ki-o-Rahi

Clay Target Shooting

Tournament Week

Gymsport

Snowboarding

Volleyball