



Whangarei Girls' High School

Sports Newsletter

NOVEMBER 2018

CONDOR 7s U15

At the end of September the WGHS Rugby team travelled to Kerikeri to compete in the U15 7s tournament. The first game we played Kerikeri, beating them 42-0. We then went on to win a game against TKKM O Kaikohe 33-10 bringing us through to the semi's to play TKKM O Kaikohe again and another win 38-5. They got to play Kaitaia College in the final and scored a massive 61-5. WGHS won the tournament with convincing scores. The team is now off to Auckland to compete in the NZSS Tournament at the end of November. Good luck team. Congratulations to Joe Rau and Natalie Peyton for their time and great effort put into their coaching.

RENEGADE HOCKEY

WGHS had 8 teams participating in the NSSSA Renegade Hockey tournament. The day was intense but fun packed and some great games were played against other secondary schools.

BADMINTON

Katie Barnes, Amy Hunt, Stella Lassey and Sofia Trigg entered the NSSSA Badminton Team Championships played in Porowini Ave. The WGHS Red Team won the plate final against Dargaville High School.

JUNIOR CRICKET

A team of WGHS students tackled the howling winds and rain to compete against other Whangarei Secondary and Intermediate Schools at Kensington Park. Despite the weather there were some great games and skills shown on the day.



Lily Borrie

JUNIOR VOLLEYBALL

A great fun day at Kensington for 14 WGHS players and a few student coaches who entered the NSSSA YR9 Volleyball championships at the end of September. WGHS Gold team were in Pool A and placed 3rd with Dargaville and Kamo High Schools. Our WGHS Blue team in Pool B placed 4th equal with Kamo High School. Great competition by all secondary schools.

The NSSSA Junior Volleyball preliminaries were held in November. WGHS Gold Team just lost against Tikipunga High School in the final.

A big thank you to Grace Nikora and Grant Harrison for their dedication and great coaching skills to bring to WGHS volleyball teams.



ROLLER DERBY

Gemma and Caitlin Salvigny have played roller derby for several years and train at least 6 hours a week. Gemma plays a blocker and jammer for her team and Caitlin plays blocker for her team. This year they have played for all 3 Northland Nightmare League teams. Gemma captains the junior team and Caitlin captains the B team, Night Furyz. They both play in the Hells Wives team (The A team). The sisters have played in major games this season in Christchurch, Nelson, Levin, Hamilton and Auckland.

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CYCLING

Jorja Swain added another trophy to her collection at the Fred Ogle Lynley MacDonald race. This race is in memorial for Fred Ogle and Lynley MacDonald who were both killed on the road while enjoying a bike ride on our country roads. Jorja won the Lynley McDonald cup as 1st female over all, well done, Jorja.

WHANGAREI GIRLS' HIGH SCHOOL 1ST XI FOOTBALL TEAM

National Secondary Schools Lotto Premier Tournament
in Taupo (September 2018)

A BIG thank you to our

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WHANGAREI GIRLS' HIGH SCHOOL SPORTS NEWSLETTER - Continued

WGHS SPORTS AWARDS

A successful night all round with a lot of deserving winners. A big thank you to the coaches/managers that made the effort to attend. It meant a lot to your team. We had two great guest speakers, Leilani Perese and Katie Mailata, Black Fern players, who inspired us to do the best we can in any sport we try. Great spot prizes were donated by the sponsors below. A huge thank you to them.



SWIMMING

Maddy Whittam and Nellie Clark competed in a 5 day event at the 2018 New Zealand Short Course championships in Auckland. Maddy competed in the 50m, 100m and 200m breaststroke categories, winning a silver medal in the 200m breaststroke in the 15yr old division. Maddy also competed in the open finals and came away with some amazing results.

Nellie competed in the 14yr old division in 50m, 100m, 200m breaststroke and also the 20m butterfly categories. Nellie placed 1st, beating her PB by two seconds in a time of 33.68. She then went onto place 2nd in the 100m and 5th in the 200m. She also qualified to swim the B open finals in the 50m and 100m breaststroke plus the C open final for 200m. Nellie broke a Northland swimming record from 2010 in the 50m breaststroke.

Well done Maddy and Nellie - what a fantastic achievement.

ASB SPORTS AWARDS

The annual ASB Sports Awards were held in October and WGHS had 36 Finalists which is a record number. They were:

Rogaine Team - Jenna Petty, Eila-Rose Jones, Britney Campbell. Aerobics - Paige Parkinson, Jaimee Mason. Athletics - Jenna Johnston, Aimee-Leigh Scott. Basketball - Quincel Nathan - Hita. Road Cycling - Jorja Swain. BMX - Emily Darroch. Cheerleading - Grace Hegh. Cricket - Makayla Templeton. Equestrian - Isabelle Jameson. Football - Abbey Venmore, Caitlin Alabaster, Sarah Powell, Jayde Reynolds. Gymnastics - Michelle Crawford, Sophia Cosson, Stephanie Crocker. Highland Dancing - Devon Mokaraka. Hockey and Karate - Olivia Crum. Hockey - Holly Hunt. Netball - Jessie Taylor. Rowing - Yvette Hendrikse. Clay Target Shooting - Molly Dickson. Squash - Shea Ferguson. Surfing - Grace Pevats. Swimming - Madeline Whittam. Touch - Tara-Leigh Turner and Destinee Mexted. Volleyball - Kelena Roughan, Grace Nikora and Terina Hauraki. Water Skiing - Courtney Williams & Madison Wainwright. Congratulations girls for being nominated a finalist. This is a big achievement in itself.

Congratulations to the WGHS winners: **Paige Parkinson, Aimee-Leigh Scott, Quincel Nathan-Hita, Jorja Swain, Emily Darroch, Grace Hegh, Isabelle Jameson, Abbey Venmore, Michelle Crawford, Devon Mokaraka, Olivia Crum, Jessie Taylor, Yvette Hendrikse, Grace Pevats, Tara-Leigh Turner, Kelena Roughan, Terina Hauraki, Courtney Williams and Madison Wainwright.**

Isabelle Jameson received the Sportswomen of the Year Trophy.



Madison Wainwright received the Emerging Talent Trophy.

Well done athletes. Great results from Whangarei Girls' High School.

HOCKEY DEVELOPMENT SQUAD

Alysha Donovan has been selected into the NZ U18 Hockey Talent Development Squad at age 16 years. Congratulations, Alysha.

GYMNASTICS

NZSS Gymsport Tri Star championships results from Active Attitude:

Team performance: 1st place - **Heidyn Harrison, Jane Heapy, Paige Parkinson, Jaimee Mason, Brooke Foster, Emily Hewitt and Ruby Reed.**

Trampoline C Grade: 4th place - **Emily Hewitt**

Level 5 Aeroschools Aerobics: 1st place - **Mia Robertson**

A Grade Tumbling Team: 3rd place - **Mia Robertson, who was with Aria and Elliot Croasdale (from Fantastic Gymnastics club)**

Results from Fantastic Gymnastics Club:

Isla and Aria Croasdale also represented WGHS at the NZSS Gymsport championships.

Step 5 Women's Artistic Gymnastics: Isla placed 4th overall with 3rd rankings on floor and uneven bars.

A word from gymnastic coach, Hannah Prout, from Fantastic Gymnastics -

Isla Tuato'o has been involved in gymnastics since the age of about 7. Isla is a very talented young sportsperson but has had to work extremely hard to achieve the standard she has in sports. She is always pushing herself to achieve her goals and expects a very high standard of herself. Isla trains for 10+ hours per week and also fits in the competitions and clinics on top of the work load. Not only does Isla do the best for herself as a gymnast; she also leads her peers when training and also while she is doing her coach-in-training with the Xtend programme through NZ Gymnastics, encouraging future gymnasts to gain the benefits of our sport.

SENIOR PRIZEGIVING

Some of our top sporting students received trophies at the WGHS senior prizegiving. Congratulations to the following girls:

Isabelle Jameson - Carol Hudson Cup for Sportswoman of the Year (shared)

Mia Gordon - Warriner & Watson Cup for Sports All Rounder of the Year

Abbey Venmore - Engraving Systems Award for Fair Play & Sportsmanship

Olivia Crum - Carol Hudson Cup for Sportswoman of the Year (shared)

Kelena Roughan - WGHS Trophy for Team Sport Achievement