



# Whangarei Girls' High School Sports Newsletter

2019

## WELCOME TO THE 2019 SPORTS NEWS- LETTERS

*Kia ora and welcome to 2019 sports newsletter. We are very excited to begin the new sports year at WGHS with a busy schedule coming up. We hope your daughter enjoys this year as we have on offer a variety of sporting codes, both competitive and playing for fun. We also have a few exciting new codes like SUP (Stand Up Paddleboarding), Fast 5 Netball and AFL. We have a sports booklet your daughter can collect from the sports/main offices that offer some great advice, tips and information including how to sign up for a sport, the process of how to prepare for an event, plus much more. Hockey and Netball trials are underway now and teams will be displayed on the notice board outside the sports office when teams have been selected. We will be informing students of any up and coming sports events in the daily notices which can be seen through the parent portal and also displayed on the notice boards in the Deans' office and beside the payments office. Any events that competitors attend MUST have a permission slip and the entry/travel payment made beforehand. We look forwarding to helping your daughter have an enjoyable and successful sporting year here at WGHS for 2019.*

**Sara Watson and Dianne Sullivan**

**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!" **Michael Jordan**

## NISS Junior Volleyball

WGHS had two teams compete in this competition held at the Bruce Pullman grounds in Takapuna. The girls had a great time and got a lot of experience. WGHS A team, **Jazmin Cassidy-Maeva, Ava Collins, Demi Crabb, Abbey Crene, Eve Jennings, Maya Juarez, Stella Lassey, Lucy Stanley, Jesscia Walker and Tarquala Whittaker-Stone** placed 3rd overall.

## NZSS Volleyball

**Taeya Repia, Demi Crabb and Tarquala Whittaker-Stone** participated in a NZ Volleyball Performance Development Camp in Hamilton. An International coach & NZ age group volleyball coaches ran the camp. It was an amazing experience for the girls and hard work with one of the days being a 10 hr training day. The NZ U23 women's team were in attendance preparing for their Oceanic Champs this year, and it was very inspirational for the girls to see this high level of volleyball in action.



## Beach Volleyball

Congratulations to **Terina Hauraki** in being selected as part of the NZ U17 Volleyball Development Tour. The trials were of an extremely high standard and it was difficult for the selectors with the high calibre of talent. Terina will be heading to Brisbane at the end of the year with the other selected players on the tour. Well done, Terina.

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## NZSS U15 Rugby 7's

WGHS entered a team to play in the Condors tournament in Auckland in November last year. **O'Shean Ashby, Paige Dudley, Emily Holehan, Samaria Kaipou, Destinee Mexted, Mahoney Pou, Moengaroa Tangimetua, Mya Turner, Paige Turner, Tara-Leigh Turner, Toni Turner and Fiona Wira** played some great rugby against other NZ teams who were tough competition. The team topped their pool play, playing games against Hamilton Girls' High School, Manukura and Green Bay High School. They only conceded 5 points in the pool play. In the quarter final they played Southern Cross and what a tough game it was, as Southern Cross brought a physicality they had not encountered before. WGHS managed to beat them with superior speed and got a last second try to win 17-12 which put them into the semi finals. The girls played a great game and never gave up, but Howick College were the determined winners, going through to win the final. WGHS had many athletic and competitive girls in the team, with Tara-Leigh Turner being named in the NZ Condors Tournament Team. Overall WGHS placed 3rd in the tournament. Thank you to Joe Rau, coach, Rangipai Turner and Natalie Peyton, co-managers for the dedication and time you have put into this team.

## NZSS Athletics

**Gemma Brock, Jenna Johnston, Mateja Mati-jevich, Holly Rule and Aimee-Leigh Scott** attended the NZSS Athletic Championships held in Dunedin at the beginning of December 2018. All girls did extremely well and came away with some great results. Mateja won Gold for the hammer throw, Gemma placed 6th overall in the pole-vaulting and Holly placed 4th with a PB of 58.61 seconds in the 400m.



## Athletics

**Amy Alderton** attended the NI Colgate games at the beginning of January. Amy won a gold medal for jump with a distance of 5.27m and a silver medal for 100m with a time of 12.59sec (which has her currently ranked 3rd = in NZ for U18 girls). Amy also attended the Auckland Athletics Champs with more pleasing results. Amy won Gold in the 100m and 200m and Gold in the long jump. She is now ranked 5th in the 100m, 8th in the 200m, 6th on the long jump and 1st in the triple jump at U18 level in NZ. Amy has also won the U16 triple jump by jumping 10.94m winning gold and re-breaking all of the Northland triple jump records from G14, U16, U18, U20 and Senior Women.

What great results Amy you should be so proud of your achievements.

The NZ Athletic Champs are held in Christchurch this year in March so look out for some more outstanding results from our WGHS students.

## Swimming

**Nellie Clark** recently entered the 2019 Northland Age Group Championships and had a very successful competition winning five gold medals in 50m & 100m breaststroke, 50m, 100m & 200m butterfly. She also won a bronze medal in 200m breaststroke, a fourth place in 200m individual medley and was fifth in 50m freestyle. Nellie broke an 8 year Northland Age Group Long Course Championship race record in 50m Breaststroke with a time of 34.63. What great results, keep up the good work.

## Equestrian

WGHS entered 5 teams into the NSSSA Showjumping Competition held at Barge Park. There were 126 competitors that took part. It was a brilliant but hot day for all with some great competition by all riders at all levels. Well done to WGHS Gold Team, **Jessi Joll, Bella Harvey, Tamsin Jordan and Josie Shwarz** for placing 4th.



## Get2Go Grand Final

At the end of last year 12 teams from throughout New Zealand went to Great Barrier Island to compete in the Torpedo 7 Get2Go. The schools spend 5 days competing in various challenges which included high ropes, kayaking, trail running, orienteering and problem solving. They were challenged both mentally and physically. **Claire Donelley, Holly Hilton-Jones, Bree Monaghan and Kyah Young** along with 4 WBHS students, **Rhys Mitchell, Jan Karmann, Caleb Williamson and Mac Rivers (captain)** worked exceptionally well for the whole week never giving up, fighting hard to try and retain the trophy. The team placed 2nd to trophy winners Waimea High School.

A big thank you to Barry Ruddell, Tracey Morgan, Steve Hill, Pete Yeoman and all their whanau for their time and effort and great support they have given to the team.

## Crossfit

Aimee Damerell entered the Auckland Cross Fit Championships recently. It was a gruelling challenge with the intense heat and fierce competition. Aimee competed with determination and placed 5th overall. Well done, Aimee



## Up and Coming

[WGHS Athletics](#)

[Cricket](#)

[Volleyball](#)

[Surfing](#)

[Triathlon](#)

[Touch](#)

[Waka Ama](#)

[Mountain Biking](#)

[Rowing](#)

[Get2Go](#)

[Summer Tournament Week](#)