PUKEKOHE HIGH SCHOOL

SPORTS INFORMATION HANDBOOK 2019

Pukekohe High School prides itself on encouraging all students to aim for excellence in whatever endeavours they pursue.

We have a proud history of participation and achievement in sport at local and national levels. We believe it is an important dimension of the young person’s education, particularly at secondary school level. We encourage students to participate in a wide range of activities outside the classroom. These activities develop physical, mental and social skills. They build student’s self-esteem and confidence and this is often reflected in greater effort and achievement in the classroom.

Values…..

our values reflect our aspirations for all who are associated with the school.

* Community – Participation to promote the common good of our school.
* Learning – Learning through innovation, inquiry and curiosity as well as thinking creatively and reflectively.
* Excellence – Aiming high and persevering, both educationally and personally.
* Accountability – Involves being honest, responsible and accountable.
* Respect – Respect for self, others and the world around us.

VISION….

Our vision is to be a positive place of learning, where people are challenged and equipped to fulfil their potential and to achieve their aspirations.

Our goal is to be respected for the quality of our academic programmes: The opportunities we present to our students in the arts, culture, service and sports; and our pastoral care.

SPORTS PREFECTS for 2019

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Pukekohe High School offers a wide range of sports and welcomes students of all abilities and experience to get involved.

This booklet is designed to help students understand the costs, equipment, uniform and other associated responsibilities required for participating in sport at PHS. Students, in consultation with parents/caregivers, should carefully consider the time commitment required before signing up.

Remember, when making appointments or other personal arrangements you must do your best to avoid clashes with meeting times, practices and game times. Once committing yourself to a team you must show loyalty to the team and make that your priority.

PROSPECTIVE SPORTING STUDENTS

In the middle of this booklet you will find a 2019 PHS Sports Intention form. All students intending to play sport for the school should complete and return this form, to the Sports Office by the end of February 2019.

Sports specific information will be available from the Sport Office and through Daily notices. Sports codes will distribute information of full registration prior to the start of the season. The information will include a PHS code of conduct agreement, information about training times, uniform requirements and important dates etc.

Please make sure you have completed the PHS sport registration checklist:

□ Completed and returned a PHS sports registration form, by the appropriate deadline.

□ Signed your athlete’s code of conduct and returned this to the Sports Office.

□ Regularly check the Sports Office notice board and daily notices for current sporting information

SPORTS NOTICES:

Notices can be found on the noticeboard situated outside the Sports Office, and in the Student Centre.

Draws, training and trial notices and general sports information is updated daily. Sports notices are circulated daily in the school notices which are read out to the class during Vertical Form at the beginning of each day. It is important for students to listen to the notices and read information on the Sports noticeboard.

If you are unsure of anything please see the Sports Co-ordinator. The Sports Office is located between the Dreaver Gym and New Gym.

SCHOOL SPORTS DAYS:

These are great days for House competitions. Students are encouraged to dress in their House colours to support and compete.

Swimming Sports (Prelims Tuesday 12 February, Finals Friday 15 February)

Athletics (Prelims Thursday 21 February, Finals Tuesady 26 February)

Tennis (Finals Wednesday 27 February)

Cross Country (Tuesday 7 May)

House Sports - Rugby, Netball, Basketball, Football (August/September)

SPORTING EXCHANGES:

We have an Annual Winter Sports exchange in Term 1 with Mt Roskill Grammar and in Term 3 with Papatoetoe High School. This usually involves Rugby, Netball, Basketball, Hockey (girls and boys), Football (girls and boys), Badminton, Table tennis.

The following dates will be finalised for 2019:

 Mount Roskill Grammar Tuesday 9 April (at Pukekohe High)

 Papatoetoe High School August (at Papatoetoe High School)

COACHES/MANAGERS/HELPERS WANTED

PHS would ideally prefer that every team have a coach and manager. Teams with inadequate supervision will not be entered into

College Sport Competitions.

If you or someone you know is able to help with coaching, managing or umpiring a sports team, please indicate your interest on the attached registration form or contact the Sports Co-ordinator.

Parent and community support is needed for sport at Pukekohe High

School to be successful

SPORTING ACHIEVEMENTS:

During the course of the year the school wishes to recognise and applaud the sporting achievements of its students. This applies equally to all sporting codes. The Physical Education and Sports departments generally hear of such successes, but there are some students who reach representative status outside of the school’s domain, particularly in minor codes.

If you or someone you know has been chosen in a Regional, National or International squad or team, or has broken a record etc, please let us know. We want to acknowledge all our students’ successes.

***Notable Achievements for 2018*.**

**Rugby:** Chiefs Trophy Champions – Boys 1st XV.

**Hockey:** CMSS Premier Grade Champions – Boys 1st XI.

**Football:** CMSS Champions – Boys Junior XI

**Netball:** CMSS Premier Grade Champions – Netball Gold.

**Equestrian:** Auckland Cup Champions

MAJOR SPORTING AWARDS 2018:

C Pritchard Cup *All Round Sportswoman of the Year* Chelsea Young

6A 1959 Cup *All Round Sportsman of the Year* Gabriel Wilson

Malcolm Hood Cup *Endeavour in Sport* Levi Puru

McQuoid Trophy *Commitment to Preparation and*

*Performance*  Reuben Crawford

Ken Hemopo Trophy *Leadership in Sport* Shey Eva

McMillan Trophy *Fair Play Award* Tangi Isileli-Fo’ou

National Bank Cup *Best All Round Team* Rugby Boys 1st XV

Lions Club Trophy *Most Outstanding Sporting Performance*

 *by a Girl* Hayley Marx (Athletics)

Welander Shield *Most Outstanding Sporting Performance*

*by a Boy*  Gabriel Wilson (Rugby)

McKinnon Trophy *Official of the Year*  Bree Grant (Basketball umpire)

Sports Prefect Trophy *Sports Prefect Award* Shaun Munro

HOUSE SPORTS DAYS

The first weeks of Term 1 are a busy time for signing up and participating in the Annual House Athletics, Tennis and Swimming Days. It is important for students to register during their vertical form period at the beginning of each day. Information is by way of the Daily notices and the teaching staff can answer any queries that should arise.

SPORTS DAY TROPHIES - 2018

Margaret Key Cup *Sen Girls Athletics Champ* Hayley Marx

Howe & West Challenge *Sen Boys Athletics* *Champ* Zac Dell

Crimmins Cup *Int Girls Athletics Champ* Briar Warren

Crimmins Cup *Int Boys Athletics Champ* Aditya Sharma

Old Students Cup *Jnr Girls Athletics Champ* Caitlin Foote

John Callaghan Cup *Jnr Boys Athletics Champ* Jayden Flanagan

1970 Students F7 Cup *Sen Girls Cross Country Champ* Aleisha Neary

Liddon Wood Cup *Sen Boys Cross Country Champ* Cade Austen

PTA Cup *Int Girls Cross Country Champ* Caitlyn Marx

Monty Williams Cup *Int Boys Cross Country Champ* Aditya Sharma

CM Sport Trophy *Jnr Girls Cross Country Champ* Bronwyn Mitchell

CM Sport Trophy *Jnr Boys Cross Country Champ* Caleb Moxon

Susan Hood Cup *Sen Girls Swimming Champ* Bella Perham

Eion Sheppard Cup *Sen Boys Swimming Champ* Zac Dell

Barbara Grogan Cup *Int Girls Swimming Champs* Tavarnya Howe/Jasmine Niederberger

Jack Bradstreet Cup *Int Boys Swimming Champ* Nathan Hickmott

Wendy Watson Cup *Jnr Girls Swimming Champ* Mikaela Hawley

Stephen Smith Trophy *Jnr Boys Swimming Champ* Ethan Langit

Janne Arkle Cup *Sen Girls Tennis Champ* Simone Wallace

Robson Cup *Sen Boys Tennis Champ* Sam Pascoe

Mitchell Cup *Int Girls Tennis Champ* Olivia Fausett

Mitchell Cup *Int Boys Tennis Champ* Cohen Brady-Leathem

Salthouse Cup *Jnr Girls Tennis Champ* Taylor Gillard

Salthouse Cup *Jnr Boys Tennis Champ* Sam Shaw

SPORTING TOURNAMENTS:

Teams from PHS currently compete in National or North Island Tournaments during National Summer Secondary School Tournament Week (March) and National Winter Secondary School Tournament Week (September).

Where travel is required, you should expect to pay approximately $400-$500 for the week, depending on the destination.

Costs can be reduced where teams make an effort to fundraise for their trip and/or grants are received.

**Tournaments for 2019**

Girls 1st XI Football – Maurice Hulme Tournament - Rotorua

Boys 1st XI Football – Rex Dawkins Tournament - Taupo

Netball – Upper North Island Secondary Schools – North Harbour

Girls 1st XI Hockey – Kate Trolove Trophy - Hamilton

Boys 1st XI Hockey – Rankin/India Cup – Christchurch

SCHOOL VANS:

The school vans are often used for sporting trips. A small charge is made per student, per trip (depending on distance travelled), to cover maintenance and petrol costs.

SPORTS UNIFORMS:

All students who play sport for Pukekohe High School must wear the correct uniform for their chosen sport.

1. Students who play sport for the school are permitted to wear the school sports jacket as part of normal school uniform.

2. Students in their code’s first team, (eg Premier Netball, Football 1st XI or Hockey 1st XI, Rugby 1st XV) are permitted to wear their Teams’ dress uniform on the day of their game or on Friday if their game is on the weekend.

3. Other students representing the school at sports events during the week who are away at an event during the school day may wear a full school sports tracksuit to school before travelling to the event.

The following sports will require you to purchase your own uniform:

Football/Hockey Socks are available at the Uniform Shop

Mouthguards are available at the Sports office

UNIFORM HIRE:

The following sports have kits provided by the school:

 AFL

Basketball

 Cricket

Football

 Hockey

 Lacrosse

 Netball

 Rugby

 Softball

 Touch Rugby

As soon as you have finished with the sports uniform, please return it promptly to the Sports Office. Any item returned in a dirty or discoloured state, or damaged or not returned immediately after the season has finished, will be invoiced for the replacement cost.

STUDENTS/PARENTS GUIDE TO SCHOOL SPORT

GENERAL:

All students are encouraged to participate in sporting or recreational activities. Students are expected to play for school teams where teams are catered for, although dispensation may be sought by sports people who wish to play for an outside club. Students intending to play sport for Pukekohe High School need to consider the following:

Commitment:

Participating in sport involves total commitment to the team and coach. Players must be prepared to meet all playing and training commitments. Possible clashes of interest need to be considered prior to joining a sport. If you cannot meet all your sports requirements, discuss this with the coach at the beginning of the season.

Players Code of Behaviour:

* Play for the ‘fun of it’ and not just to please parents and coaches
* Be prepared to develop personal fitness appropriate to your sport
* Be prepared to develop personal and team skill levels appropriate to your sport, placing emphasis on enjoyment and participation; not winning at all costs
* Display good ‘sportsmanship’ on and off the field and play by the rules
* Never argue with an official. If you disagree, have your captain or coach approach the official during a break or after the game
* Control your temper. Verbal abuse of officials or other players, deliberately contacting or provoking an opponent and throwing equipment is not acceptable or permitted in any sport
* Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player
* Co-operate with your coach, team mates and opponents. Without them there would be no game.

Cost:

Where possible, the school will assist with the costs of participating in sport. We are unable to meet the costs of all sports.

Some Championship events have a qualifying criteria and that must be met before entries are considered.

All school rules apply to sports teams and sports’ people with regard to smoking, alcohol and drugs when representing PHS!!

Prior to any student competing in Tournament Week, all outstanding sports fees must be finalised.

*This publication was accurate as at 22 November 2018.*

*Costs have been estimated as finalised costings were not available* *at this time.*

Training:

Players who do not regularly attend training can be stood down from playing sport unless they have a valid reason and have informed their coach personally. **YOUR TEAM NEEDS YOU!**

Dress Code:

When travelling with a team or as an individual representing PHS you are expected to wear either Dress Uniform (Blazer with School Crest, Shirt and tie), PHS Sport Uniform or normal correct school uniform.

AFL Code Convener: Mr Paul Meads

COMPETITION: Term 1: AKSS Senior competition

 Term 4: AKSS Junior competition

TRAINING: As per coach requirement.

UNIFORM: PHS Playing top and black shorts provided.

EQUIPMENT: Mouthguard required.

EST COSTS: As per event. Transport costs are determined by events.

ATHLETICS (summer) Code Convener: Mr Paul Meads

COMPETITION: Term 1: Team chosen for CMSS Champs from PHS finals day. (Selection criteria for NISS Champs)

 Term 4: NZSS Athletics and Road Race (qualifying criteria)

TRAINING: Monday with John Moffitt

UNIFORM: PHS Athletics singlet, plain black shorts.

EQUIPMENT: Own running shoes or spikes. Field event implements provided.

EST COSTS: As per event. Transport costs are determined by events. (Additional costs will be dependent on entries to National events).

BADMINTON (winter) Code Convener: tbc

COMPETITION: CMSS Zone in Terms 2 & 3

VENUE: Counties Manukau Badminton Centre, Papakura.

TRAINING: Tuesday lunchtime in Dreaver Gym.

UNIFORM: PHS Sports Polo, Black shorts, suitable non-marking shoes.

EQUIPMENT: Own racquet needed.

EST COSTS: $50.00.

BASKETBALL Code Convener: Mr Paul Meads

COACH: Mr Jamie Reddish/Ms Nicola Post

COMPETITION: CMSS Competition, NZSS Championship (criteria to be met)

VENUE: various venues

TRAINING: Morning and after school trainings, as per coach requirement.

UNIFORM: Basketball uniform supplied.

EQUIPMENT: Mouthguard required

EST COSTS: $220.00 per year.

CLAY TARGET SHOOTING Code Convener: Ms Maree Wallace

COACHES: Mr Lance Caddy and Mr Ian Cooling

COMPETITION: Monthly as per NZCTA Secondary School Calendar

VENUE: various venues

TRAINING: Wednesday 4.00pm – 5.30 pm (Auckland Met Gun Club)

UNIFORM: Clay Target Section has shooting vests. PHS Shooting team shirt.

EQUIPMENT: Own gun and appropriate licensing.

EST COSTS: Fee $80.00 per shoot and $80 Club levy. Practise fee - $10 for targets per week. (Additional costs will be dependent on entries to National events).

CRICKET (summer) Code Convener: Mr Adam Kemp/Ms Suzanne Williams

COMPETITION: CMSS competition

VENUE: various playing venues

TRAINING: as per coach requirement

UNIFORM: School Polo shirt supplied. Own White trousers required.

EQUIPMENT: Supplied by school

EST COSTS: $50.00 per season. (Additional costs will be dependent on entries to National events).

CROSS COUNTRY (winter) Code Convener: Mr Paul Meads

COMPETITION: CMSS, AKSS, NZSS competitions

VENUE: various venues

TRAINING: Individual responsibility

UNIFORM: PHS Athletics singlet, plain black shorts.

EQUIPMENT: Own running shoes an advantage

EST COSTS: $50.00 to cover entry and transport. (Additional costs will be dependent on entries to National events).

EQUESTRIAN (summer) Code Convener: tbc

COMPETITION: Secondary Schools Competition

VENUE: various venues

TRAINING: Individual responsibility

UNIFORM: PHS Equestrian Team shirt.

EQUIPMENT: Own equipment and transport, (especially for week day competitions)

EST COSTS: $100.00 - $150.00

FOOTBALL – BOYS (winter) Code Convener: Mr John Cook

COMPETITION: CMSS Competition, Tournament Week (Sept)

VENUE: various playing venues

TRAINING: as per coach requirement.

UNIFORM: PHS Playing shirt provided.

EQUIPMENT: Own boots, socks, shinpads and plain black shorts required.

EST COSTS: $180.00 – Premier team, $100.00 – other teams. (Additional costs will be dependent on entries to National events).

FOOTBALL – GIRLS (winter) Code Convener: Mr Grant Jarvis

COMPETITION: CMSS Competition, Auckland Provincial Championship, Tournament Week (Sept)

VENUE: various playing venues

TRAINING: as per coach requirement

UNIFORM: PHS Playing shirt and shorts provided.

EQUIPMENT: Own boots, socks and shinpads required.

EST COSTS: $180.00 – Premier team, $100.00 – other teams. (Additional costs will be dependent on entries to National events)

GOLF Code Convener: Mr Grant Jarvis

COMPETITION: AKSS Competition

VENUE: various playing venues

TRAINING: Individual responsibility

UNIFORM: PHS Sports Shirt.

EQUIPMENT: Own Golf Clubs, etc would be an advantage

EST COSTS: $50.00 (School Sport fee)

GYMSPORTS Code Convener: Ms Maree Wallace

COMPETITION: AKSS Competition, NZSS Competition

VENUE: various playing venues

TRAINING: Individual responsibility

UNIFORM: PHS Sports Shirt.

EQUIPMENT: Individual responsibility

EST COSTS: $50.00 (School Sport fee).

HOCKEY BOYS (winter) Code Convener: Mr John Slee

COMPETITION: CMSS Competition, Midlands Intercity, NZSS Tournament Week (Sept)

VENUE: Counties Manukau Turf

TRAINING: CMHA Turf as per coach requirement

UNIFORM: PHS Playing kit provided.

EQUIPMENT: Mouthguard required, own stick and boots would be an advantage

EST COSTS: $250.00 –Premier team, $180.00 – other teams. (Additional costs will be dependent on entries to National events)

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| HOCKEY GIRLS (winter) Code Convener: tbcCOMPETITION: CMSS Competition, Midlands Intercity, NZSS Tournament Week (Sept)VENUE: Counties Manukau TurfTRAINING: CMHA Turf as per coach requirementUNIFORM: PHS Playing kit provided. EQUIPMENT: Mouthguard required, own stick and boots would be an advantageEST COSTS: $250.00 –Premier team, $180.00 – other teams. (Additional costs will be dependent on entries to National events) |

LACROSSE Code Convener: Ms Tara Remington

COMPETITION: AKSS Champs

VENUE: various

TRAINING: Tuesday 3.30pm

UNIFORM: PHS Playing kit provided.

EQUIPMENT: Mouthguard required, school equipment provided or own gear.

EST COSTS: $50.00 (School Sport fee).

LAWN BOWLS Code Convener: tbc

COMPETITION: AKSS, NISS, NZSS Champs – singles, pairs

VENUE: various venues

TRAINING: tbc

UNIFORM: PHS Polo and trousers

EQUIPMENT: Own bowls would be an advantage

EST COSTS: $50.00 (School Sport fee).

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| MOTOCROSS Code Convener: tbcCOACH: Club contactsCOMPETITION: Secondary Schools competitions Champs VENUE: various venuesTRAINING: tbcUNIFORM: PHS Polo and trousersEQUIPMENT: Own bikes and safety gear esssentialEST COSTS: $50.00 - $100.00 to cover entry. |

MOUNTAIN BIKING Code Convener: Mr Tom Forch

COMPETITION: AKSS Champs

VENUE: various venues

TRAINING: Tuesday 3.30pm

UNIFORM: PHS Polo and trousers

EQUIPMENT: Own bike would be an advantage, although school has some bikes.

EST COSTS: $50.00 - $70.00

NETBALL (winter) Code Convener: Ms Maree Wallace

COMPETITION: CMSS competition, UNISS (Premier Team)

VENUE: CMSS competition, Pulman Park, Papakura.

TRAINING: Monday, Tuesday & Wednesday, School courts and gymnasium

UNIFORM: PHS Playing uniform provided.

EQUIPMENT: Supplied by Sports Office

EST COSTS: $150.00. (Fundraising is required for teams going to UNISS Tournament).

ORIENTEERING Code Convener: Ms Maree Wallace

COACH: Mr John Robinson

COMPETITION: CMSS, AKSS, NISS, NZSS Champinoships (criteria to be met)

VENUE: various venues

TRAINING: in conjunction with Counties Manukau Orienteering Club

UNIFORM: CM Orienteering uniform.

EQUIPMENT: Own running shoes (Compass and I-dent supplied)

EST COSTS: $200.00 (Additional costs will be dependent on entries to National events). Fundraising is required.

ROWING (summer) Code Convener: Mr Jim Matchett

COMPETITION: Head to Head Regatta, Junior Regatta, NISS Champs, NZSS Champs (criteria to be met)

VENUE: Lake Karapiro

TRAINING: Mercer Rowing Club. Weight training in Gym throughout Winter months.

UNIFORM: PHS Rowing suit (individuals must purchase).

EQUIPMENT: Supplied by club

EST COSTS: $150.00 - $300.00(Additional costs will be dependent on National events).

RUGBY (winter) Code Convener: Mr Shaun Atamu

COMPETITION: PHS & Districts Rugby Club – Counties Manukau Rugby competition

VENUE: Various playing venues in Counties Manukau zone

TRAINING: as per coach requirement.

UNIFORM: Dress Uniform (1st XV). Playing kit provided

EQUIPMENT: Mouthguard required and available from the Sports Office

EST COSTS: $70.00

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| RUGBY LEAGUE (winter) Code Convener: tbcCOMPETITION: Counties Manukau Rugby League competition VENUE: Various playing venues in Counties Manukau zoneTRAINING: as per coach requirementUNIFORM: Playing kit providedEQUIPMENT: Supplied by clubEST COSTS: $75.00 - $90.00 |

SOFTBALL (summer) Code Convener: tbc

COMPETITION: AKSS competition

VENUE: various playing venues

TRAINING: as per coach requirement

UNIFORM: PHS Playing shirt and pants provided.

EQUIPMENT: Own mitt if possible

EST COSTS: $50.00 (School Sport fee).

SQUASH Code Convener: Ms Maree Wallace

COACHING: Franklin Squash Club

COMPETITION: AKSS, NZSS Champs

VENUE: various venues

TRAINING: Individual responsibility

UNIFORM: PHS Sports Shirt provided

EQUIPMENT: Own gear required, including safety glasses

EST COSTS: $50.00 (School Sport fee). (Additional costs will be dependent on National events).

SWIMMING (summer) Code Convener: Ms Maree Wallace

COACHING: Mr Mitchell Nairn – Belgravia, Mr Daniel Fulton – Fulton Swim School

COMPETITION: CMSS, AKSS Champion of Champs, NZSS Swim Champs (criteria at be met)

VENUE: Manurewa Aquatic Centre; West Wave Aquatic Centre, Henderson

TRAINING: Individual responsibility

UNIFORM: PHS Sports Shirt provided

EQUIPMENT: Own togs, Red swim cap

EST COSTS: $50.00 to cover entry. (Additional costs will be dependent on National events).

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| TABLE TENNIS Code Convener: Mr Don LamontCOMPETITION: CMSS competitionVENUE: Manurewa Table Tennis Club StadiumTRAINING: Lunch times as notifiedUNIFORM: PHS Playing shirt and own black shorts. EQUIPMENT: Can be provided by schoolEST COSTS: $50.00 to cover entry, some transport costs may apply. |

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| TENNIS (summer) Code Convener: Ms Maree WallaceCOMPETITION: CMSS, AKSS competitionsVENUE: Pukekohe and Auckland venuesTRAINING: Individual responsibility.UNIFORM: Own playing gear.EQUIPMENT: Supply own racquet.EST COSTS: $30.00 to cover entry and transport |

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| TOUCH RUGBY (summer) Code Convener: tbcCOMPETITION: CMSS competition - TuesdaysVENUE: Pulman Park, PapakuraTRAINING: as per coach requirement.UNIFORM: PHS Playing shirt provided and own black shorts. EQUIPMENT: Provided by schoolEST COSTS: $50.00 (School Sport fee). (Additional costs will be dependent on National events). |

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| VOLLEY BALL Code Convener: tbcCOMPETITION: AKSS competitionVENUE: various venuesTRAINING: to be confirmedUNIFORM: PHS Playing shirt and shorts provided.EQUIPMENT: Provided by schoolEST COSTS: $60.00 (School Sport fee). |

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| WATERPOLO Code Convener: tbcCOMPETITION: AKSS competitionVENUE: various venuesTRAINING: to be confirmedUNIFORM: PHS uniform and own suitable swimsuit as per NZ Waterpolo rules.EQUIPMENT: Caps and balls provided. Students need own goggles and red bathing caps COSTS: $90.00 - 120.00 (Additional costs will be dependent on National events).. |

WRESTLING Code Convener: tbc

COMPETITION: AKSS and NZSS Champs

VENUE: various venues to be advised

TRAINING: Rosehill College

UNIFORM:

EQUIPMENT: Wrestling togs

EST COSTS: $50.00. (Additional costs will be dependent on National events).