



# PUKEKOHE *HIGH SCHOOL*

SPORTS INFORMATION  
HANDBOOK 2025





# WELCOME TO **PUKEKOHE HIGH SCHOOL**

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Pukekohe High School has a proud history of participation and achievement in sport at local, regional, and national levels. We believe it is an integral part of every young person's education journey. Our vision, "learning without limits through sport,, and our philosophy, "better people make better athletes,, are at the core of the experience we provide to all our student Athletes. We aim to provide meaningful sporting experiences that creates a lifelong love for sport and physical activity, this could be through participating or competing socially to high performing sport.

We encourage students to participate in a wide range of activities outside the classroom to further develop physical, mental, and social skills. We believe that the values gained through sport, teamwork, preparation, planning, performance, etc is key to building students' self-esteem and confidence, and this can be reflected in greater effort and achievement in the classroom.

The Pukekohe High School Sports Programme offers approximately 34 sports codes, catering to individuals and teams. Our students successfully compete in local, regional, and national competitions offered by College Sport Auckland and School Sport NZ. In 2024 we successfully competed in 32 sports code competitions and/or national tournaments. We sent 26 teams away to National/regional tournaments across summer (11) and winter tournament week (15) to proudly represent Pukekohe High School. We are constantly aiming to grow and build a strong sports programme that harnesses and allows our talented Rangatahi to compete and display their talents on a national or international stage.

We have an extremely passionate and enthusiastic Sports Department, school staff, Senior Leadership Team and Board of Trustees that support our programme. With the support from our wider community of coaches, managers and parents we put in the hard mahi in to ensure students achieve their sporting goals.

**GORDON PAULSEN**  
*Director of Sport*





ELLA  
**KAYROUZ**  
*Sport Coordinator*

GORDON  
**PAULSEN**  
*Director of Sport*

SHEY  
**EVA**  
*Sport Coordinator*

# MEET OUR SPORT STAFF





# SPORT COUNCIL 2025

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**HEAD OF COUNCIL**  
MISS PETRA BATTERS

**2025 SPORTS PREFECT**  
RHEN PRESSNELL

## **HAAKINAKINA | SPORT COUNCIL**

OTIS BARRY  
KATIE CHAMBERLAIN  
KENDRA EKSTEEN  
BECKY FEAR  
CHARLEY FEAR  
CASEY HALLIDAY  
DAVID HUGHES  
ZAC KELSO  
KATIE LANE  
LUCAS MARSHALL  
ZACK MEADS  
LEANA MILLER  
GRACE MONTGOMERY  
LEXIE MOODY  
BROOKLYN MUNNS AHU  
ANNA SPACKMAN  
REUBEN VISSER  
JEMMA WRIGHT



A young man with curly red hair and a young woman with long dark hair are standing side-by-side, smiling. They are wearing dark blue sports uniforms. The man is wearing a sleeveless jersey, and the woman is wearing a short-sleeved polo shirt. Both shirts feature the Pukekohe High School crest on the left chest and the 'STAS' logo on the right chest. The background is a dark blue and black geometric pattern with yellow and red vertical stripes on the sides.

# OUR VISION

## PUKEKOHE HIGH SCHOOL SPORT

Sport at Pukekohe High School is an integral part of our school community. We provide an extensive sports programme that aims to deliver an environment where our students can grow and develop their sporting skills and enjoy a meaningful sporting experience.

The sports programme offers 32 sports and a range of codes. Our programme promotes a key focus on premier sports (competitive) and social sport through skills, teamwork, sportsmanship and personal responsibility while also instilling a commitment to continuous improvement and personal excellence.

***'BETTER PEOPLE MAKE BETTER ATHLETES'***





# OUR *VALUES*

**OUR SCHOOL VALUES UNDERPIN EVERYTHING WE DO IN SPORT**

**MANAAKITANGA** – MANAAKITANGA IS ABOUT VALUING RESPECT, RESPONSIBILITY AND KINDNESS.

**PUUMAUTANGA** – PUUMAUTANGA IS ABOUT VALUING COMMITMENT, PERSEVERANCE AND RESILIENCE.

**KOTAHITANGA** – KOTAHITANGA IS ABOUT VALUING COMMUNITY, WHANAUNGATANGA, RELATIONSHIPS AND WORKING TOGETHER

**AARAHITANGA** – AARAHITANGA IS ABOUT VALUING PRIDE, HONOUR AND LEADERSHIP

**AKO** – AKO IS ABOUT VALUING LEARNING IN EVERYTHING WE DO.

***‘BETTER PEOPLE, MAKE BETTER ATHLETES’***



# OUR *VALUES*



**PUUMAUTANGA**  
Resilience • Commitment  
• Perseverance



**MANAAKITANGA**  
Respect • Responsibility  
• Kindness



**AARAHITANGA**  
Leadership • Pride  
• Honour



**KOTAHITANGA**  
Unity • Community  
• Relationships



# BASKETBALL 2025



TEACHER IN CHARGE OF BASKETBALL – **MRS ESTHER WILLIAMS**

KEY STUDENT CONTACTS  
**HARRY KELSO / TESS DAVIS**

JUNIORS, SENIORS AND PREMIER GIRLS AND BOYS  
FRANKLINS SCHOOLS LEAGUE  
**MAY – AUGUST**

## **JUNIOR BOYS & GIRLS – FRANKLIN SCHOOLS LEAGUE**

WHEN – THURSDAY EVENINGS

WHERE – FRANKLIN POOL & LEISURE CENTRE

SEASON FEES – \$TBC

## **SENIOR GIRLS – FRANKLIN SCHOOLS LEAGUE**

WHEN – THURSDAY EVENINGS

WHERE – FRANKLIN POOL & LEISURE CENTRE

SEASON FEES – \$TBC

## **SENIOR BOYS – FRANKLIN SCHOOLS LEAGUE / PREMIER BASKETBALL TOURNAMENTS**

WHEN – THURSDAY EVENINGS

WHERE – FRANKLIN POOL & LEISURE CENTRE

SEASON FEES – \$TBC

## **TOURNAMENT WEEK 2025**

WHEN – 25TH – 29TH AUG

WHERE – PULMAN ARENA, TAKANINI

COST – \$TBC





# CLAY TARGET SHOOTING 2025

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## 2025 SEASON

CLAY TARGET SHOOTING CAPTAINS  
**EMMA LANE / ROBERT FRY**

## HOST COLLEGE/CLUB

KINGS/PUKEKOHE/WAIUKU COLLEGE  
AUCKLAND METROPOLITAN CLAY TARGET CLUB – TBC

HAURAKI PLAINS COLLEGE  
NEIL CARSELDINE MEMORIAL SHOOT  
THAMES CLAY TARGET CLUB – TBC

TAUPO SCHOOLS/MURRAY LUKE MEMORIAL SHOOT  
TAUPO GUN CLUB – TBC

MATAMATA COLLEGE  
MATAMATA CTC – TBC

HAMILTON BOYS HIGH SCHOOL/ WAIKATO CTC – TBC

NORTH ISLAND SECONDARY SCHOOL CHAMPS  
WAIKATO CTC – TBC

ROTORUA ROD & GUN CLUB/ JOHN PAUL COLLEGE – TBC

TAURANGA BOYS COLLEGE/BAY OF PLENTY CTA – (WINTER TOURNAMENT WEEK)

SOUTH ISLAND & NZ SECONDARY SCHOOL CHAMPIONSHIPS – TBC

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# CRICKET 2025

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## **2025 SEASON**

**CRICKET CAPTAIN / KEY STUDENT CONTACT –  
GEORGE WILLIAMS**

**BOYS 8-A-SIDE CRICKET SEASON (TERM 1 & 4)**

**SEASON FEES – TBC**

**WHERE – VARIOUS LOCATIONS IN COUNTIES MANUKAU**

**BOYS 1ST XI CRICKET SEASON (GILETTE CUP REGIONAL QUALIFIER) FEBRUARY –  
MARCH**

**SEASON FEES – TBC**

**WHERE – BLEDISLOE PARK OR KARAKA SPORTS COMPLEX**

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# FOOTBALL 2025



TEACHER IN CHARGE OF FOOTBALL - **MR GORDON PAULSEN**

BOYS FOOTBALL / KEY STUDENT CONTACT - **REUBEN VISSER & RHEN PRESSNELL**

GIRLS FOOTBALL / KEY STUDENT CONTACT - **GREER BATTERS**

JUNIOR BOYS SEASON (TERM 2 & 3) - **COUNTIES MANUKAU JUNIOR SEASON**

SEASON FEES - \$TBC

WHERE - **VARIOUS LOCATIONS IN COUNTIES MANUKAU**

PREMIER 1ST XI FOOTBALL BOYS SEASON (TERM 2 & 3) - **COUNTIES MANUKAU SENIOR SEASON**

SEASON FEES - \$TBC

WHERE - **VARIOUS LOCATIONS IN COUNTIES MANUKAU**

2ND XI FOOTBALL GIRLS SEASON (TERM 2 & 3) - **COUNTIES MANUKAU SENIOR SEASON**

SEASON FEES - \$TBC

WHERE - **VARIOUS LOCATIONS IN COUNTIES MANUKAU**

PREMIER 1ST XI FOOTBALL GIRLS SEASON (TERM 2 & 3) - **COUNTIES MANUKAU SENIOR SEASON**

SEASON FEES - \$TBC

WHERE - **VARIOUS LOCATIONS IN COUNTIES MANUKAU**

WINTER TOURNAMENT WEEK - 24TH - 29TH AUG 2025 (1ST XI BOYS & GIRLS ONLY)

**BOYS - REX DAWKINS CUP**  
**LOCATIONS - WHANGAREI**

**GIRLS - MAURICE HULME CUP**  
**LOCATION - NAPIER**



# HOCKEY 2025



TEACHER IN CHARGE OF HOCKEY – **WHAEA JADE CHAMBELAIN**

BOYS HOCKEY / KEY STUDENT CONTACT – **GEORGE WILLIAMS**

GIRLS HOCKEY / KEY STUDENT CONTACT – **YAZ MCFARLANE**

PREMIER 1ST XI HOCKEY BOYS SEASON (TERM 2 & 3) – **AUCKLAND A GRADE SEASON**

SEASON FEES – \$TBC

WHERE – **VARIOUS LOCATIONS IN AUCKLAND**

PREMIER 1ST XI HOCKEY GIRLS SEASON (TERM 2 & 3) – **AUCKLAND A GRADE SEASON**

SEASON FEES – \$TBC

WHERE – **VARIOUS LOCATIONS IN AUCKLAND**

WINTER TOURNAMENT WEEK – 24TH – 29TH AUG 2025

**BOYS – RANKIN CUP**

**LOCATION – AUCKLAND**

**GIRLS – TBC**

**LOCATION – TBC**



# LACROSSE 2025



LACROSSE CAPTAIN / KEY STUDENT CONTACT – **AIRAH PADILLA**

LACROSSE GIRLS SEASON (TERM 2 & 3) – **AUCKLAND A GRADE SEASON**  
SEASON FEES – \$TBC

WHERE – **VARIOUS LOCATIONS IN AUCKLAND**

WINTER TOURNAMENT WEEK – 24TH – 29TH AUG 2025  
TBC



# NETBALL 2025



TEACHER IN CHARGE OF NETBALL – **MISS LOUISE PURUA**

KEY STUDENT CONTACT – **ABBY MCCORT**

**PREMIER NETBALL SEASON (TERM 2 & 3) – COUNTIES MANUKAU SEASON**

SEASON FEES – \$TBC

WHEN – **WEDNESDAY EVENINGS**

WHERE – **PULMAN ARENA, TAKANINI**

**SENIOR NETBALL SEASON (TERM 2 & 3) – COUNTIES MANUKAU SEASON**

PREMIER DEVELOPMENT, SENIOR RED, SENIOR BLACK

SEASON FEES – \$TBC

WHEN – **WEDNESDAY EVENINGS**

WHERE – **PULMAN ARENA, TAKANINI**

**JUNIOR NETBALL SEASON (TERM 2 & 3) – COUNTIES MANUKAU SEASON**

YEAR 10 A & B, YEAR 9 A & B

SEASON FEES – \$TBC

WHEN – **WEDNESDAY EVENINGS**

WHERE – **PULMAN ARENA, TAKANINI**

**WINTER TOURNAMENT WEEK – 24TH – 29TH AUG 2025**

**PREMIER NETBALL – UNISS TOURNAMENT**

**LOCATION – AUCKLAND**



# ROWING 2025



TEACHER IN CHARGE OF ROWING – **MRS LYNDA SHARPE**

ROWING CAPTAINS / KEY STUDENT CONTACT –  
ROWING – **JIMMY STEENSON, ELIZABETH SHARP, COHEN ROBINSON, XANTHE HEDLEY**

LEARN TO ROW PROGRAMME – **JULY 2025 (ALL NEW ROWERS)**

ROWING SEASON – OCTOBER – MARCH 2025/26

KEY REGATTAS –

ERIC VERDONK REGATTA– LAKE PUPUKE

HEAD OF HARBOUR – LAKE PUPUKE

KARAPIRO MEMORIAL REGATTA

KARAPIRO CLUB REGATTA

KARAPIRO CHRISTMAS REGATTA

MERCER CLUB REGATTA

NORTH ISLAND SECONDARY SCHOOLS REGATTA

NORTH ISLAND CLUB REGATTA

NEW ZEALAND NATIONALS

MAADI CUP

LOCATIONS – **VARIOUS LOCATIONS IN NZ**

FEES ARE APPROXIMATELY \$1500 FOR A ROWER, \$500 FOR A COXSWAIN AND REGATTAS AND CAMPING COSTS ARE ON TOP OF THAT. IT IS APPROXIMATELY \$100 FOR A WEEKEND CAMPING AT LAKE KARAPIRO INCLUDING ALL FOOD.  
A ROWSUIT WILL BE PROVIDED FOR YOU IN YOUR FIRST YEAR.



# RUGBY 2025



TEACHER IN CHARGE OF RUGBY – **MR SHEY EVA**

RUGBY STUDENT CONTACT –  
1ST XV BOYS – **JUSSI MCKENZIE**  
GIRLS RUGBY – **KAYLA MOANA**

BOYS RUGBY SEASON (TERM 2 & 3) – **COUNTIES MANUKAU SEASON**

1ST XV BOYS, YEAR 11= BOYS, YEAR 10 BOYS, YEAR 9 BOYS

SEASON FEES – \$120

WHEN – **SATURDAY MORNINGS**

WHERE – **VARIOUS VENUES IN COUNTIES MANUKAU REGION**

GIRLS RUGBY SEASON (TERM 2 & 3) – **COUNTIES MANUKAU SEASON**

SEASON FEES – \$100

WHEN – **MONDAY EVENINGS**

WHERE – **VARIOUS VENUES IN COUNTIES MANUKAU REGION**





# ADDITIONAL SPORTS



For any additional information, please contact the Sport Department  
[sport@pukekohehigh.school.nz](mailto:sport@pukekohehigh.school.nz)

**Athletics** – School Athletics – CMSS Athletics – AKSS Athletics  
(February/March)

**Badminton** – Counties Manukau Grade Season (May – August)

**Climbing** – Practices held weekly

**Cross Country** – School X Country, AKSS X Country (May)

**Equestrian** – NZSS Tournament week (September)

**Golf** – Premier Teams (February – March)

**Gym Sports** – Artistic, Rhythmic, Tumbling & Trampoline (June)

**Lawn Bowls** – Auckland Cup Secondary School Paris (March)

**Motorcross** – Term 2 & 3

**Mountain Biking** – Term 2 & 3





# ADDITIONAL SPORTS



**Orienteering** – Southern zone series – Rogaine, Individual, Relay Championships (February – July)

**Rugby League** – NZSS Championships (September)

**Rugby Sevens** – CMSS Sevens (November), Condor Sevens (December)

**Squash** – Individual and team Championships (May–June)

**Swimming** – School Champs – CMSS Champs (February)

**Table Tennis** – Auckland Term 3 And 4 league (May – September)

**Tennis** – School Tennis Champs – CMSS Tennis Champs (March)

**Touch Rugby** – Local Touch Module (October–December), NZSS Touch Championships (December)

**Volleyball** – NZSS Senior Champs (February), NZSS Junior Champs (November)

**Waka Ama** – Senior Regatta (March), Junior Regatta (November), NZSS Championships (March)





# SPORTING SUCCESSIONS 2024



# SPORTING SUCCESSES 2024

## NETBALL

### 2024 SUCCESSES

Grade winners – Senior Black, Senior Red, Year 10 A  
Premier Netball B grade UNISS Winners

### 2025 SEASON

Juniors, Seniors, Premiers – May – August  
UNISS Premier Netball – August 24th–29th 2025



## RUGBY

### 2024 SUCCESSES

Grade winners – 1st XV Boys – CMSS 1st XV Champions  
Grade winners – CMSS U15 Boys Champions  
Grade winners – CMSS U14 Boys Champions  
Runners up – CMSS Girls 12's

### 2025 SEASON

Juniors, Seniors, 1st XV Boys, 1st XV Girls – May – August





# SPORTING SUCCESSIONS 2024

## FOOTBALL

### 2024 SUCCESSIONS

Grade winners – 1st XI Boys – CMSS Senior A Champions

Grade winners – 1st XI Boys – CMSS Senior A Champions

Maurice Hulme Cup 1st XI Boys – 7th Place

Kathy Seawood cup 1st XI Girls – th Place

### 2025 SEASON

Juniors, Seniors and 1st XI Girls and Boys – March – August

Winter Tournament week – 24th–29th August



## BASKETBALL

### 2024 SUCCESSIONS

Bulls connections – Nathaniel Short, Harry Kelso, Zeek Otunuku

AA Premiership – Premier Boys – 4th Place

3x3 Nationals – Premier Boys – 7th in New Zealand

NZSS Nationals – Premier Boys – 14th in New Zealand

### 2025 SEASON

Juniors, seniors and Premier Girls and Boys –

February – August

Winter Tournament week – 24th– 29th August





# SPORTING SUCCESSES 2024

## ROWING

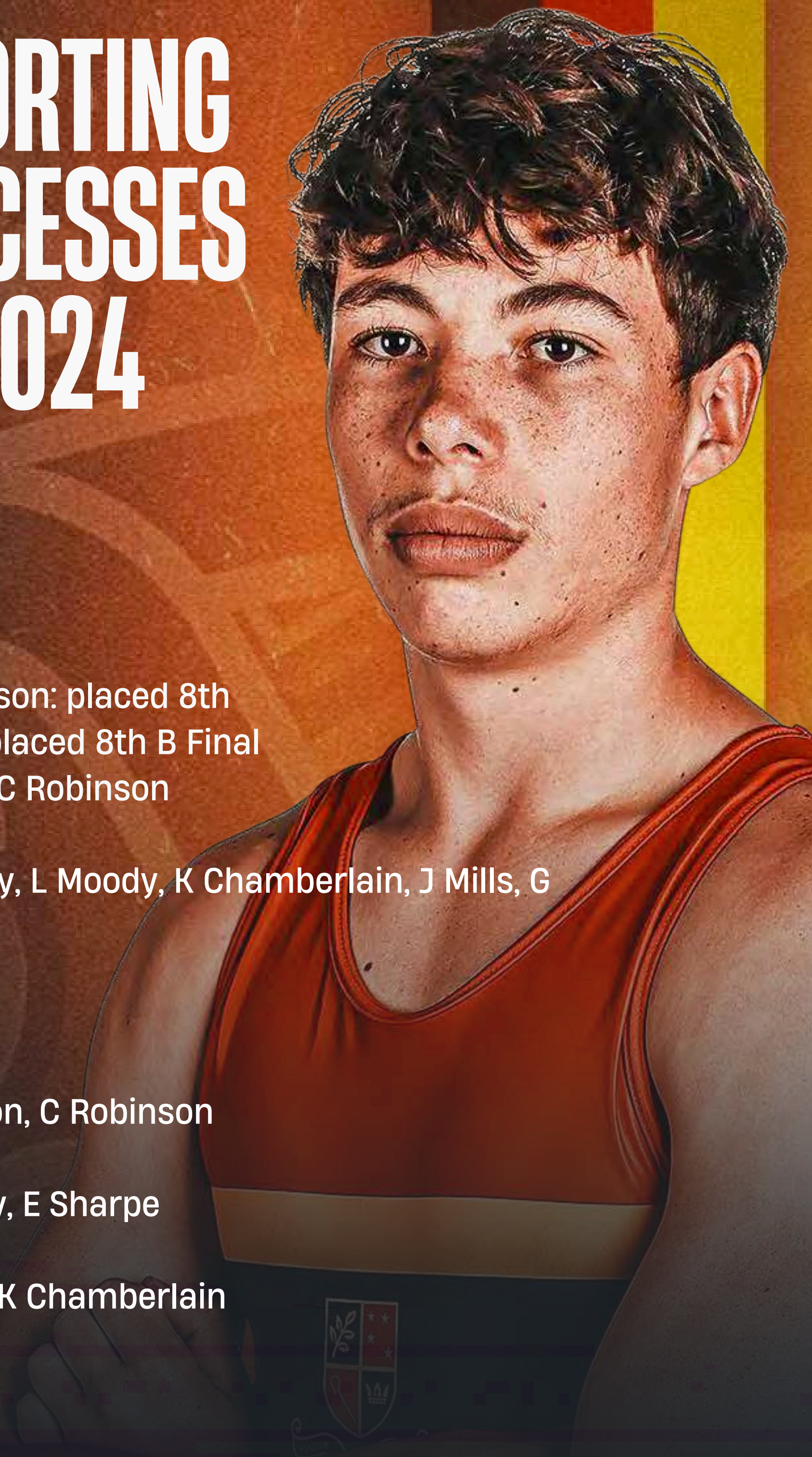
### 2024 SUCCESSES

#### Rowing NISS:

- Boys u17 single sculls – Cohen Robinson: placed 8th
- Boys u17 single sculls – J Steenson: placed 8th B Final
- Boys u17 double sculls – J Steenson, C Robinson  
A Final: placed 2nd
- Girls u16 coxed quad sculls – A Moody, L Moody, K Chamberlain, J Mills, G Montgomery, C McRobbie  
B Final: placed 4th
- Girls u18 single sculls – A Pryor  
A Final: placed 8th
  - Boys U18 double sculls – J Steenson, C Robinson  
A Final: placed 2nd
  - Girls U17 doubles sculls – X Hedley, E Sharpe  
B Final: placed 7th
  - Girls U16 double sculls – A Moody, K Chamberlain  
B Final: placed 4th

#### Maadi Cup:

- Boys u17 single sculls – C Robinson  
B Final: placed 3rd
  - Boys u17 double sculls – C Robinson, J Steenson  
A Final: placed 5th In New Zealand
  - Boys u18 double sculls – C Robinson, J Steenson  
A Final: placed 5th In New Zealand





# SPORTING SUCCESSIONS 2024

## HOCKEY

### 2024 SUCCESSIONS

Mayhill Cup – 1st XI Boys –

Audrey Timlin Cup – 1st XI Girls – 3rd Place

### 2025 SEASON

Boys & Girls 1st XI – March – August

Tournament week – 24th – 29th August







# **SCHOOL SPORT EVENT DATES**

## **2025**

**SCHOOL ATHLETICS**  
**14TH FEBRUARY 2025**

**SCHOOL TENNIS CHAMPS**  
**27TH FEBRUARY 2025**

**SCHOOL SWIMMING CHAMPS**  
**6TH MARCH 2025**

**MT ROSKILL GRAMMAR SPORTS EXCHANGE**  
**30TH APRIL 2025**

**PAPATOETOE HS SPORTS EXCHANGE**  
**DATE TBC**

**TEAM SPORTS PHOTOS**  
**15TH AUGUST 2025**

**ANNUAL SPORTS AWARDS EVENING**  
**9TH OCTOBER 2025**





# CODE OF CONDUCT

## PUKEKOHE HIGH SCHOOL SPORT ATHLETES

- RESPECT AND UPHOLD OUR SCHOOL VALUES (MAANAKITANGA, AARAHITANGA, KOTAHITANGA, AKO, PUUMAUTANGA)
- SCHOOL ATTENDANCE RATE OF 80% OR ABOVE
- RESPECT MY UNIFORM (SCHOOL OR PLAYING), WEAR IT WITH PRIDE.
- PLAY BY THE RULES.
- RESPECT THE DECISIONS OF OFFICIALS WITHOUT GESTURE OR ARGUMENT.
- WORK HARD TO DO MY BEST AT ALL TIMES.
- ATTEND PRACTICE AND MATCHES. ARRIVE ON TIME FOR PRACTICE AND MATCHES
- RESPECT ALL COACHES/MANAGERS
- REMEMBER TO THANK MY COACH, THE OFFICIALS, THE OPPOSITION AND SUPPORTERS.
- RECOGNISE AND APPLAUD HONESTLY AND WHOLEHEARTEDLY THE EFFORTS OF TEAM-MATES OR OPPONENTS REGARDLESS OF COLOUR, CREED OR RACE.
- HELP OTHERS IN MY TEAM WHEN I CAN.
- AVOID PUTTING PEOPLE DOWN OR BULLYING THEM.
- WIN WITH HUMILITY; LOSE WITH DIGNITY.
- SHOW THAT IT IS A PRIVILEGE TO REPRESENT MY SCHOOL.
- RESPECT THE VENUE I AM PLAYING AT.
- LOOK AFTER MY OWN HEALTH AND SAFETY AND REPORT ANY INJURIES TO MY COACH.





# SPORTS AWARDS 2024

MAJOR AWARD WINNERS

## 6A 1959 CUP

NATHANIEL SHORT – SPORTSMAN OF THE YEAR

## C PRITCHARD CUP

JESSICA NEPIA – SPORTSWOMAN OF THE YEAR

## LIONS CLUB TROPHY

VAHN WAITAI – MOST OUTSTANDING PERFORMANCE BY A GIRL

## WELANDER SHIELD

JIMMY STEENSON / COHEN ROBINSON – MOST OUTSTANDING  
PERFORMANCE BY A BOY

## SPORTS DEPARTMENT TROPHY

TAME MARK / JODY MCCORT – COACH OF THE YEAR

## NATIONAL BANK TROPHY

PREMIER BOYS BASKETBALL / PREMIER NETBALL – TEAM OF THE YEAR





# SPORTS AWARDS 2024

MAJOR AWARD WINNERS

## KOTAHITANGA SHIELD

MOLLIE TOHAIA & VINNY GIBSON – ALL ROUND SPORTING  
ACHIEVEMENT BY A JUNIOR

## KEN HEMOPO SHIELD

GEORGE WILLIAMS / MADISON STUART – COMMITMENT TO  
PREPARATION & PERFORMANCE

## MCQUOID TROPHY

ALEXANDER SHARPE – COMMITMENT TO PREPARATION &  
PERFORMANCE

## MALCOLM HOOD CUP

ANNA SPACKMAN – ENDEAVOR IN SPORT

## MCKINNON TROPHY

DION SHARPE – OFFICIAL OF THE YEAR

## MCMILLAN CUP

GREER BATTERS – FAIR PLAY AWARD

## SPORTS PREFECTS TROPHY

RHEN PRESSNELL





# COACHES & MANAGERS

## RECRUITMENT

WE ARE ON THE SEARCH FOR COACHES, MANAGERS, TRAINERS,  
SPONSORS AND VOLUNTEERS ACROSS A RANGE OF SPORTING CODES  
FOR 2025!

JOIN OUR PASSIONATE AND GROWING SPORTING COMMUNITY  
IN 2025.

**SECURE YOUR INTEREST NOW**







OUR PARTNERS

OFFICIAL APPAREL PARTNER



OFFICIAL MARKETING PARTNER

westondesign



## ***'PUKEKOHE HIGH SCHOOL SPORT'***

NOTES:

***‘BETTER PEOPLE, MAKE BETTER ATHLETES’***



***'PUKEKOHE HIGH SCHOOL SPORT'***



***'BETTER PEOPLE, MAKE BETTER ATHLETES'***