



# PUKEKOHE HIGH SCHOOL

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SPORTS INFORMATION  
HANDBOOK 2026



# 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 2026

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**HEAD OF COUNCIL**  
MISS PETRA BATTERS

**2026 SPORTS AMOKURA**  
ZACK MEADS

**2026 SPORTS MANUKURA**  
CHARLEY FEAR & RILEY FERN

## HAAKINAKINA | SPORT COUNCIL

ADELIA HEGAN  
CATHERINE TEGMANN  
DAVID HUGHES  
HUNTER ALBERT  
JAKOB WATSON  
JORDAN MUSONYE  
KATIE LANE  
LUCY KINGHAM  
MEEKA MILLS  
OTIS BARRY  
SAHARA WEIGHT  
TAYLOR NEATE  
THOMAS SCOTT



# 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 30 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



# BASKETBALL 2026



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

KEY STUDENT CONTACTS  
TBC

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 2026**

WHEN - 31ST AUG - 4TH SEPT  
WHERE - EVENTFINDA STADIUM, NORTH SHORE  
COST - \$TBC



# CLAY TARGET SHOOTING 2026



## 2026 SEASON

CLAY TARGET SHOOTING CAPTAINS

TBC

### 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

# CRICKET 2026



**2025 SEASON**

**CRICKET CAPTAIN / KEY STUDENT CONTACT -  
TBC**

**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**

# FOOTBALL 2026



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

BOYS FOOTBALL / KEY STUDENT CONTACT - TBC

GIRLS FOOTBALL / KEY STUDENT CONTACT - TBC



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 - 31<sup>ST</sup> AUG - 4<sup>TH</sup> SEPT 2026 (1ST XI BOYS & GIRLS ONLY)

**BOYS - REX DAWKINS CUP**  
**LOCATIONS - TBC**

**GIRLS - MAURICE HULME CUP**  
**LOCATION - TBC**

# HOCKEY 2026



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

BOYS HOCKEY / KEY STUDENT CONTACT - TBC  
GIRLS HOCKEY / KEY STUDENT CONTACT - **TBC**

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 - 31<sup>ST</sup> AUG - 4<sup>TH</sup> SEPT 2026

**BOYS - TBC**  
**LOCATION - TBC**

**GIRLS - TBC**  
**LOCATION - TBC**

# LACROSSE 2026



LACROSSE CAPTAIN / KEY STUDENT CONTACT – TBC

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

WHERE – **VARIOUS LOCATIONS IN AUCKLAND**

WINTER TOURNAMENT WEEK – 31<sup>ST</sup> AUG – 4<sup>TH</sup> SEPT 2026  
TBC

# NETBALL 2026



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

KEY STUDENT CONTACT - TBC

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 - 31<sup>ST</sup> AUG - 4<sup>TH</sup> SEPT 2025  
PREMIER NETBALL - **UNISS TOURNAMENT**  
LOCATION - **HAMILTON**

# ROWING 2026



TEACHER IN CHARGE OF ROWING – **MRS SUZ POWAR**

ROWING CAPTAINS / KEY STUDENT CONTACT –  
ROWING – TBC

LEARN TO ROW PROGRAMME – **JULY 2026 (ALL NEW ROWERS)**

ROWING SEASON – OCTOBER – MARCH 2026/27

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 2026



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

RUGBY STUDENT CONTACT -

1ST XV BOYS - TBC

GIRLS RUGBY - TBC

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 addidonal 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 SUCCESSES 2025

# SPORTING SUCCESSES 2025

## NETBALL

### 2025 SUCCESSES

Grade winners – Premier, Year 9A, 9B, 9B

Premier Netball A Grade – 8<sup>th</sup> Place

### 2026 SEASON

Juniors, Seniors, Premiers – May – August

UNISS Premier Netball – August 31st- 4<sup>th</sup> Sept 2026



## RUGBY

### 2025 SUCCESSES

Plate Winners – 1st XV Boys

Runners up – CMSS Girls 1<sup>st</sup> XV

### 2026 SEASON

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



# SPORTING SUCCESSES 2025

## FOOTBALL

### 2025 SUCCESSES

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

Maurice Hulme Cup 1st XI Boys – 3rd Place

Kathy Seawood cup 1st XI Girls – 7th Place

### 2026 SEASON

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

Winter Tournament week – 31st Aug – 4<sup>th</sup> Sept



## BASKETBALL

### 2025 SUCCESSES

Bulls connections – Harry Kelso, Zeek Otunuku

NZSS Nationals – Premier Boys – 11th in New Zealand

### 2025 SEASON

Juniors, seniors and Premier Girls and Boys –  
February – August

Winter Tournament week – 31st Aug – 4<sup>th</sup> Sept



# SPORTING SUCCESSES 2025

## ROWING 2025 SUCCESSES

### Rowing NISS:

- Boys U18 Coxed Quad Sculls – A Final – 7<sup>th</sup> Place
- Girls U17 Single Sculls – A Final – 8<sup>th</sup> Place
- Boys U18 Double Sculls – A Final – 5<sup>th</sup> Place

### Maadi Cup:

- Girl U16 Single Scull – B Final – 5<sup>th</sup> Place
- Boys U18 Coxed Scull – B Final – 2<sup>nd</sup> Place
- Girls U17 Single Sculls – B Final – 3<sup>rd</sup> Place
- Boys U 18 Single Scull – B Final – 4<sup>th</sup> Place
- Boys U18 Double Sculls – B Final – 1<sup>st</sup> Place
- Boys U16 Single Sculls – B Final – 4<sup>th</sup> Place



# SPORTING SUCCESSES 2025

## HOCKEY

### 2025 SUCCESSES

Boys Hockey Auckland a/B Open Season – Winners

Girls Hockey Auckland A1 Season – 2<sup>nd</sup> Place

### 2026 SEASON

Boys & Girls 1st XI Season – March – August

Tournament week – 31st Aug – 4<sup>th</sup> Sept



# **SCHOOL SPORT EVENT DATES**

## **2026**

**SCHOOL TENNIS CHAMPS**

**16TH FEBUARY 2026**

**SCHOOL ATHLETICS**

**20TH FEBRUARY 2026**

**SCHOOL SWIMMING CHAMPS**

**16TH MARCH 2026**

**MT ROSKILL GRAMMAR SPORTS EXCHANGE**

**21ST APRIL 2026**

**TEAM SPORTS PHOTOS**

**TBC**

**ANNUAL SPORTS AWARDS EVENING**

**TBC**



# 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 OPPPOSITION 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 2025

MAJOR AWARD WINNERS

**SPORTING EXCELLENCE AWARD**

**HARRY KELSO - SPORTSPERSON OF THE YEAR**

**6A 1959 CUP**

**GEORGE WILLIAMS - SPORTSMAN OF THE YEAR**

**C PRITCHARD CUP**

**ABBY MCCORT - SPORTSWOMAN OF THE YEAR**

**LIONS CLUB TROPHY**

**ABBEY WRIGHT - MOST OUTSTANDING PERFORMANCE BY A GIRL**

**WELANDER SHIELD**

**JOSHUA RAKIRAKI-VOYKOVIC - MOST OUTSTANDING PERFORMANCE BY A BOY**

**SPORTS DEPARTMENT TROPHY**

**MALACHI TULAFONO - COACH OF THE YEAR**

**NATIONAL BANK TROPHY**

**PREMIER NETBALL - TEAM OF THE YEAR**



# SPORTS AWARDS 2025

MAJOR AWARD WINNERS

## KOTAHITANGA SHIELD

CASEY HALLIDAY & MASON DAVIS- ALL ROUND SPORTING  
ACHIEVEMENT BY A JUNIOR

## KEN HEMOPO SHIELD

RHEN PRESSNELL - LEADERSHIP IN SPORT

## MCQUOID TROPHY

ABBY MCCORT & TESS DAVIS – COMMITMENT TO  
PREPARATION & PERFORMANCE

## MALCOLM HOOD CUP

ZARA MILLER - ENDEAVOR IN SPORT

## MCKINNON TROPHY

DION SHARPE - OFFICIAL OF THE YEAR

## MCMILLAN CUP

1<sup>ST</sup> XI GIRLS FOOTBALL - FAIR PLAY AWARD

## SPORTS PREFECTS TROPHY

RUEBEN VISSER



# COACHES & MANAGERS

## RECRUITMENT

WE ARE ON THE SEARCH FOR COACHES, MANAGERS, TRAINERS,  
SPONSORS AND VOLUNTEERS ACROSS A RANGE OF SPORTING CODES  
FOR 2026!

JOIN OUR PASSIONATE AND GROWING SPORTING COMMUNITY  
IN 2026.

**SECURE YOUR INTEREST NOW**





OUR PARTNERS

OFFICIAL APPAREL PARTNER



OFFICIAL MARKETING PARTNER

**weston design**

**'PUKEKOHE HIGH SCHOOL SPORT'**

# **STAY CONNECTED**



**MS TEAMS -  
YEAR LEVEL PAGES**



**@pukekohehigh.sport  
@phs.rugby**



**sport@pukekohehigh.school.nz**

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

**'PUKEKOHE HIGH SCHOOL SPORT'**



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