



**Onslow College  
Sports Handbook  
2012**

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# Introduction

## The Sporting Student and Onslow College

Sport is an important part of school life for many students. However, the main role of school is academic learning and all sporting students must be mindful of this with regards to academic achievement, attendance and behaviour. Failure to meet teacher, classroom and subject expectations and standards will ultimately let down yourself, your team-mates and coaches. Your performances in sport for Onslow College should be a reflection of your performances in the classroom. **Students not attending classes and maintaining satisfactory academic learning may be withdrawn from sports.**

Sport and recreation are seen as integral parts of the physical and personal development of students. Physical exercise promotes a sense of personal well being, enhancing both bodily health and intellectual performance.

Commitment to a sports team provides important experiences of teamwork that prepare students for adult participation in our complex society. Through sport at Onslow College we aim to provide students with positive experiences of individual physical achievement and the satisfaction of team participation, commitment, responsibility, and fair play.

**The sense of belonging generated by a team and their coach mitigates against the isolation and boredom to which young adults are prone. Sporting involvement provides an important alternative to aimlessness and isolation.**

In order to provide quality sporting experiences, Onslow College brings together:

- Players
- Parents and caregivers (as team managers, team coaches or supporters)
- School staff (as convenors, coaches or managers)
- Onslow College Sports Coordinator (liaises with College Sport Wellington and other sports bodies to enter our teams into various competitions).

Onslow College recognises the role of sports and other co-curricular activities in providing the student with valuable learning experiences. It also encourages the staff, parents and wider community to become involved in the programmes operating here at Onslow College.

Included in this booklet is a form for parents to fill out if they choose to assist with coaching, managing, umpiring or transport. If you would like to coach please complete a coach application form which can be found on our website [www.onslow.school.nz](http://www.onslow.school.nz).

If you have any queries, please contact the Sports Office.

**Parent help is always greatly appreciated.**

# Onslow College Sports Contacts

## Sports Office:

Phone: 478 8189 ext 868  
Email: sport@onslow.school.nz

## Sports Coordinator: Fili Liua'ana

Mobile: 021 727 972 or 027 451 5790  
Email: fili@onslow.school.nz

## Sports Assistant: Brenda Ng

Mobile: 027 475 5528  
Email: brenda.ng@onslow.school.nz

<b>Deputy Principal:</b>	Penny Kinsella	Email: penny.kinsella@onslow.school.nz
<b>Principal:</b>	Peter Leggat	Email: principal@onslow.school.nz

## Onslow College:

Phone: 04 478 8189  
Fax: 04 477 1140  
Email: info@onslow.school.nz  
Website: www.onslow.school.nz  
Postal Address: Private Bag 13-906, Johnsonville, Wellington 6440,  
Physical Address: Burma Road, Johnsonville, Wellington

# Code of Conduct and Fair Play Charter

## Fair Play Charter

We at Onslow College agree that when playing sport we will:

- enjoy ourselves
- play within the rules
- respect the decisions of the referees and umpires
- respect the opposition and their supporters
- be gracious winners and dignified losers
- play hard but play fair

## Players Code (based on the Fair Play Charter)

- Play hard, but within the rules of the game.
- Recognise and respect the abilities and disabilities of others – both team mates and opponents
- Accept the official's decision without gesture or argument
- Represent your school with pride and privilege

- Be humble in victory and gracious in defeat
- Support the coaches and their requests of you
- Thank the coach, officials, opponents and supporters
- Give it heaps but don't get ugly
- Show commitment to training and games

### **Coaches/Managers Code**

- Set affirmative and appropriate guidelines and behavioural standards for yourself and your athletes on and off the playing arena
- Give all players the same opportunity to play
- Assume responsibility for your players' conduct both on and off the playing arena
- Instil a sense of pride and respect in players' performance
- Treat all players, including the opposition, with dignity and respect and demonstrate positive examples of sportsmanship at all times
- Respect and accept the judgement and decisions of officials without remonstrations
- Show commitment to training and games

### **Parents Code**

- Positively encourage and support the efforts of all players
- Make an effort to understand the rules of the game
- Refrain from any criticism or abuse directed at officials
- Put an emphasis on genuine effort ahead of victory and encourage players to accept the outcomes of all games, irrespective of the result
- Recognise good play by either team and never ridicule an individual player in either team
- Ensure the use of any form of violence is actively discouraged

### **Supporters Code**

- Encourage all participants to play within the rules of the game
- Display self-control on the side line
- Show appreciation to coaches and officials who facilitate the game
- Remember young people play sport for their satisfaction, not yours
- Never place undue pressure on a child to play or perform

## **Sports Exchanges**

### **Junior Exchange – Thursday 19 July 2012 hosted by Onslow College**

The Junior Triangular Tournament against close rivals, Newlands and Tawa Colleges, was established in 2002 and is now an annual fixture. This tournament is only for Year 9 and 10

students and involves cross country, netball, soccer, rugby and basketball. This is an excellent event for our junior students. Parents are welcome to attend and watch our teams in action. Further details will be advised closer to the exchange.

## Sports Tournaments

Teams or individuals from Onslow College compete in various North Island or National Secondary Schools Tournaments or events throughout the year, but the main tournament dates are:

**Summer Tournament Week: 26 – 30 March 2012**  
**Winter Tournament Week: 3 – 7 September 2012**

**All costs are to be covered by the students going to tournaments.**

Where travel out of Wellington is required, costs are kept to a minimum, but this will depend on the destination and length of stay. Funding application to trusts may help to reduce costs if the application is successful.

**Students are encouraged to fundraise for their trip to help reduce the cost.**

## Fundraising and Sponsorship

- Fundraising occurs frequently to raise funds for trips and equipment for individual teams or sports. Please keep an eye on the school newsletters, notices and sports notice board. Your support and assistance is greatly appreciated.
- If you have any queries or ideas regarding fundraising or sponsorship, please contact Fili Liua'ana or Brenda Ng (see contact details on page 3).
- If you would like to become a sponsor please contact Fili Liua'ana or Brenda Ng.

## Sports Achievements and Acknowledgements

During the course of the year there are a number of occasions where the school recognises and applauds the sporting achievements of its students. This applies equally to all sporting codes. The sports department generally hear of such successes but there are some students who reach representative status outside of the school's domain, particularly in minor codes, and we don't know about it.

If you know of any Onslow College students (including yourself!) who have been chosen in a regional or national squad or team, who has broken a record or achieved similar sporting success, please let us know. We want to acknowledge any successes.

**Please email details of any achievements to: [success@onslow.school.nz](mailto:success@onslow.school.nz)**

## Sports Awards

Onslow College's Sports Awards this year will be held in the end of Term 3 to present school sports honours recognising achievement, contribution and participation for all our teams or athletes of each code. This is an excellent opportunity to acknowledge the hard work that they have put in during the year. Students at all levels try their best and succeed at their own levels. This should be recognised and celebrated.

**Onslow College Sports Awards: Thursday 18 October 2012, 7:00pm, Onslow College Hall**

College Sport Wellington also holds a Sports Awards Dinner each year to honour the top achievements of students in all the colleges in the Wellington area. Convenors and coaches will be encouraged to nominate outstanding achievers in their various sports. Nominations open 31 August and close 30 September 2012.

**CSW Sports Persons of the Year Awards: Sunday 4 November 2012, Duxton Hotel**

## Sports Notices

- The main sports notice board is situated in the Hall Foyer area. This will display draws, results and important information about coming events.
- Draws, results and important notices can also be accessed via the Onslow College website: [www.onslow.school.nz](http://www.onslow.school.nz)
- Sports notices appear in the daily school notices. Students need to make sure they read or listen to notices as this is the main way coaches and managers will communicate with players. **It is the student's responsibility to ensure they read the notices.**
- The Sports Office is located next to the Recreation Centre for information.

## Uniforms

Our various sports uniforms are registered for sporting codes and must be adhered to. Onslow College's official sports colours are bottle green and red.

- Some sports provide uniforms for students to use and for others the students will need to purchase a uniform.
- Most sports uniforms and equipment required can be purchased through the school at a lower cost than what would be paid retail.
- All school provided sports uniforms and equipment must be returned to the coach/teacher in charge or the Sports Office immediately at the completion of the season or event. **Failure to return gear will result in a request for payment of non returned items.**

**First Teams** (e.g. 1<sup>st</sup> XV, 1<sup>st</sup> XI's, Senior A, Onslow 1 etc)

- **All first team members must purchase a tracksuit.**
- **Tracksuit must be worn to all games.**
- **Tracksuits must be worn to tournaments or exchanges.**

## Other Teams

Tracksuits are optional but recommended, especially if a team normally attends tournaments.

Note: Any items of clothing to be worn by any team as a uniform for warm ups, casual wear, formal wear or form part of a playing uniform, must be approved by the Sports Office prior to ordering or wearing. Teams are not to organise their own uniform items without prior consent.

## Uniform Order

If you wish to purchase any sports clothing, please complete the uniform order form included with this booklet. Uniform samples for fitting are available from the Sports Office.

Uniform payments to be must be made when ordering.

## Refunds

### Sports Refund Policy

#### Sports Fees

Full refunds will only be considered before team lists are completed and sent to College Sport Wellington and other Sporting Organisations. Cut off/due dates will be advised by the Sports Office and published in the sports booklet (if dates received before printing), through the school newsletter and notices and on the school website.

A **full** refund will be made if the Sports Office cannot place a student into a team or a sport.

Refunds will **not** be made:

- if a student withdraws without notification to the Sports Office after they have been placed in a team;
- if a student leaves school, is excluded/expelled or stood down during the season;
- if a student is banned from a sport due to conduct or misbehaviour;
- if a student withdraws due to over-commitment once the season has started;
- if a student gains employment during the season and is no longer able to play; or
- if a student changes their mind and does not want to play anymore.

All refund requests will only be considered by a written application to the Sports Office.

Any refunds granted will be less \$10 for administration fee and any other costs that may be incurred due to the withdrawal. All refunds will be credited to the students school account. This may be used in the first instance to offset any other outstanding co-curricular or curriculum fees or costs. If there are no outstanding fees or costs any refunds will be returned by cheque or deposited to a nominated bank account.

## **Sports Uniform**

If a sport does not go ahead or a student does not make a team, a full refund of any uniform payments will be made.

## **Sports Fundraising and Sponsorship**

All fundraising activities or sponsorships, using Onslow College sport or a specific sport as an avenue or reason to raise funds, will have these funds remain with sport.

Funds raised by individual students will be allocated to them and used for their benefit for as long as they continue with that sport. If they withdraw from that sport any remaining funds may be transferred to another sport.

A student, who withdraws from all sports, will lose the use of any remaining funds. Any accrued funds will be transferred to the general sports account for use as the Sports Office sees fit.

Any **personal cash deposits**<sup>1</sup> to a fund may be refunded if a student raises enough funds through a fundraising activity.

Any student withdrawing from the sport may also be refunded the personal cash deposit portion only.

Refund of any personal cash deposits will only be made with a written application to the Sports Coordinator.

## **Default Fees**

A default fee is incurred if a team fails to notify the Sports Office.

**Any default fees are to be paid by the team.**

If you wish to default a game please advise the Sports Office by the following times:

**Midweek games: 11:30am of day of play**

**Weekend games: 11:30am Friday**

If you are defaulted to, please advise Sports Office within 24 hours via phone or email.

## **Sports Registration**

**ALL** students playing a sport for Onslow College **must** complete a registration form.

**No form No play.**

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<sup>1</sup> These are cash deposits made by parents into their child's fundraising account to cover any costs, if, their child is unable to raise the required total through fundraising activities.

## 2012 Sports Registration

Summer Registration Form included with this booklet or on the Onslow College website.  
Winter Registration Forms available from the Sports Office.

Summer Registrations	Open: Tuesday 31 January	Close: Friday 10 February
Winter Registrations	Open: Tuesday 31 January	Close: Friday 24 February

### \*\*\*Important Notice\*\*\*

Availability of a sport is subject to sufficient numbers, coaches and staff/parent help. When selecting the sports you wish to take part in please refer to the information about each sport so as not to over-commit yourself.

If you are interested in any other sports or activities not listed, please see the Sports Office. We will endeavour to accommodate you.

## Sports Fees

**All Sports Fees will be invoiced to the student which includes a \$10 registration fee for each sport they wish to play in or trial for.**

**Please make payment of fees once an invoice has been received from the school**

The fees cover affiliation levies and costs, the purchase/maintenance of equipment and some uniforms and other costs that relate to the sport.

Onslow College is aware that some families have financial difficulties from time to time. We do not wish to disadvantage any student wishing to play sport. If there are any students with financial difficulties please contact the Sports Office or the School Office to arrange alternative payment methods or assistance, prior to registration closing date.

It is important that students participate in sports for a balanced life at school, so let us help you!

## Sports Details

### ADVENTURE RACING

When: All Year

Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

New to Onslow in 2010. In 2011 the seniors' team achieved a 5<sup>th</sup> placing in the national final at OPC Tongoriro and secured an automatic place in the final for 2012. The team performed very well against well-equipped teams with years of experience. The event involved indoor and outdoor task-solving, navigation and tramping, kayaking, mountain biking etc.

Hillary Challenge – Seniors: By joining this team, you will be coached as an Adventure Racer with a view to going away to the Hillary Challenge in May 2012. This event is for Year 12

and 13 students. We require a squad of about 12-15 people from Year 11 and 12, 2011. The actual team will be named in the first term of 2012.

Get2Go Challenge – Juniors: A challenging event based on a multi-task/multi-sport environment, testing both physical and mental abilities. This is an OPC run challenge.

Uniform: To be advised  
Equipment: Advised as needed  
Practices: To be advised by coach/es  
Parent help: As required by coaches for different events.

## **ATHLETICS**

When: Term 1 (Term 4)  
Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

A team will be selected from the Onslow Athletics Sports day to attend the Western Zone Championships. Successful athletes will qualify to compete at the CSW Regional Championships and then possibly the North Island Championships. The ultimate aim of every serious athlete is the NZ Secondary Schools Championships in December.

Uniform: Students may purchase their own singlet or it may be loaned from the school at a cost.

## **BADMINTON**

When: Terms 2 and 3  
Cost: \$35.00

Badminton is played on both a competitive and social level and is for all age groups. Teams are made up of preferably six students and at least four must attend every match. Badminton is fun and a good way to maintain fitness for other sports. Inter-school competition matches are played after school on Fridays during Terms 2 and 3. There are several grades for both boys and girls to enter. Students can also enter the Wellington Secondary Schools Championships in singles or doubles. Success here can lead to Regional and National Championships.

Competition: Seniors Fridays and Juniors Thursdays from 4:00 – 5:30pm at various schools  
Equipment: Students must have non-marking court shoes and their own racquet  
Practices: Two lunchtime sessions and after school Thursdays  
Uniforms: Sports Top and Shorts to be purchased from school  
Parent Help: **Transport and supervision is required** at all venues. Please let us know on the registration form if you are available to help.

## **BASKETBALL**

When: Terms 2 and 3

Cost: Senior Prem and Div 1 - \$125.00  
Other - \$95.00

Competition: The CSW League is the premier league for secondary school students, and is played at various gyms of participating schools and the ASB Stadium, Kilbirnie. Seniors play Friday nights, juniors play Tuesday Nights.

The Wellington Basketball Association (WBA) also runs a social junior and senior league on Friday nights at the ASB Stadium in Kilbirnie.

Practices: All teams will have set practice times in either the gym or recreation centre. Coaches will advise training dates and times

Uniforms: Provided for use during the playing season. (NOT TO BE USED FOR TRAINING)

Parent Help: **We need coaches, managers and referees for this sport. Transport and supervision is required** at all venues. Please let us know on the registration form if you are available to help

## **BOWLS (Lawn)**

When: Terms 1 and 4

Cost: \$20.00

Competition: The college competition is held on Thursdays from 4:00 – 5:00pm. One hour matches. Matches are played at the Johnsonville Bowling Club or Tawa Bowling Club. Successful Bowlers may qualify for Regional and National Championships.

Equipment: Provided by the generosity of the Johnsonville Bowling Club

Practices: Monday after school at the Johnsonville Bowling Club

Uniform: Students must purchase Sports T and Shorts

Parent Help: **Transport and supervision is required** at all venues. Please let us know on the registration form if you are available to help.

## **CANOE POLO**

When: Term 1 and 2 (reps Term 3 and 4)

Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Each of the 5-aside team, (plus subs) are in kayaks, and the goals are suspended in the air. Canoe polo is similar to basketball in that it is based on possession, passing, blocking, and scoring, though with the addition of tackling under tightly prescribed rules. A team game for all ages where skills will dominate strength, that is extremely safe due to protective equipment, the indoor pool environment, and close adult supervision.

Competition: Learn to Play – Wednesdays  
Open League – Mondays

School League - Fridays  
Practices: TBC  
Equipment: All gear is provided  
Uniform: Provided  
Parent Help: Supervision at the pool is required on game nights.

## **CRICKET**

When: Terms 1 and 4  
Cost: Boys' Premier - \$135  
Boys' Senior, Intermediate, Junior - \$90  
Boys' Senior 20/20 - \$50  
Girls' - \$50

Onslow has a very good cricket development programme, off season and in season, currently in place, with professional coaching. There has been extensive upgrade of our cricket facilities. The Cricket Centre, next to the current nets, allows all weather development of the players and the game in this area. This is a popular sport with a good number of teams being entered each year.

Competitions: Boys - Play Saturday 12pm-6pm (1<sup>st</sup> XI 11:00am start for one day games).  
Some games may be played on Sundays due to the shortage of available wickets. 20-20 grades play within a three-hour window, 12pm-3pm or 3pm-6pm.

Girls: Thursdays 4-7pm

Practices: As advised by coaches and/or managers.  
Uniforms: Players must provide and wear cricket whites.  
Parent Help: **Parent help is vital.** As stated by College Sports Wellington, each team must have an adult as a coach or manager. Please fill in the appropriate section on the registration form if you are able to help with umpiring, scoring, supervision or transport.

## **CROSS COUNTRY/ ROAD RUNNING**

When: Term 2 and 3  
Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Cross-Country/Road-Running has inter-school events that occur throughout the year. There are events for boys and girls as individuals or in teams of three-six. Grades are junior, intermediate or senior. Events usually include local races, Wellington Secondary Schools Championships, Regional Championships and National Championships.

Uniform: Students may purchase their own singlet or it may be loaned from the school at a cost.  
Parent Help: From time to time parental support would be required for transport and supervision.

## **CYCLING/ MOUNTAIN BIKING**

When: All Year

Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

The fee includes membership to Port Nicholson Ponoke Cycling Club (PNP) and a National Racing Licence. This allows students to race in PNP, Kapiti and Masterton races, Wellington Centre Championships and National Championship Road, Track and Mountain Bike Events. Riders are also eligible to ride in all Secondary School Events. The PNP Club caters for all levels of experience and events/rides to suit each level.

Competitions: Through PNP, opportunities for entering in club, inter-school and open events occur throughout the year at Local, Regional and National levels.

Equipment: Students provide own equipment. It is essential that required safety gear is worn at all times.

Uniform: As per equipment above.

Parent Help: Supervision needed at all events entered.

## **FOOTBALL**

When: Terms 2 and 3

Cost: 1<sup>st</sup> XI Boys- \$130.00  
Other Boys - \$100.00  
1<sup>st</sup> XI Girls - \$110.00  
Other Girls - \$100.00

Onslow College has a proud reputation in college soccer. We have teams in both the boys' and the girls' college grades. Last season saw Onslow College field 10 teams, with the 1<sup>st</sup> XI Boys' team finalists in the Premier Youth and qualifying for the Premier tournament.

Competition: Boys: Saturdays (usually 9:00am, 11:00am or 1:00pm)  
Girls: Wednesday afternoons 4.00pm

Practices: As agreed with coaches

Uniform: Tops and shorts provided by the college for use during the season. Socks to be purchased from the college.

Parent Help: We need parent help for this sport. Please fill in the appropriate section on the Registration form if you are able to help. **Coaches/Managers are required.**

## **GOLF**

When: Terms 1 and 4

Cost: \$20.00

The golf competition is restricted to golfers with official handicaps but students who can play may be included if numbers are required.

Competition: Boys, Girls or Mixed competition (stableford) on Mondays after school. Opportunities to represent at Local, Regional and National Levels

Venue: Various golf courses.  
Equipment: You will need your own clubs.  
Uniform: Student to purchase top from school.  
Parent Help: An adult is always required to supervise at each venue and to assist The Eagles Golfing Society.

### **HOCKEY**

When: Terms 2 and 3  
Cost: 1<sup>st</sup> XI - \$150.00  
Other - \$130.00

Competitions: Boys and Girls

Venue: National Hockey Stadium, Elsdon Park or Fraser Park

Practices: Will be held on nominated days during the week dependant on the grade entered.

Parent Help: We need parent help for this sport. Please fill in the appropriate section on the Registration form if you are able to help. **Coaches, Managers and Referees are required.**

Uniforms: Student to order and purchase from school.

### **NETBALL**

When: Terms 2 and 3  
Cost: Prem Res + - \$180.00  
Coll 1-4 - \$130.00  
Coll 5-8 - \$90.00

Venue: Netball Wellington Competition: ASB Stadium or Hataitai Netball Courts – Saturdays

Trials: Sundays 4, 11 & 18 March. Juniors 9am-12am, Seniors 6pm-9pm

Practices: TBA by your team coaches after trials.

Uniform: Student to order and purchase from school.

Parent Help: We need parent help for this sport. Please fill in the appropriate section on the Registration form if you are able to help. **Coaches, Managers and Referees are required. Training courses will be provided for parents or students who wish to coach or referee.**

### **ORIENTEERING**

When: Terms 1-4 (All Year)  
Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Competition: Onslow has an excellent reputation in Orienteering, competing in the various club and school races, the Secondary Schools Series, Regional and National Secondary Schools events, which are held throughout the year.

- Venue: Various locations around Wellington for local competition and all around New Zealand for national competitions.
- Parent Help: Adult supervision is required; please let us know on the registration form if you are available to help.
- Uniform: Student to purchase tops from school.

## **ROWING**

- When: Term 3 2010 (Learn To Row Programme)  
Term 4 2010 to Term 1 2012 (Rowing Season)
- Key Events: Various Club and School Regattas during the season - TBC  
NZSS Championships: 28 March to Sunday 3 April 2012, Lake Karapiro, Cambridge
- Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Rowing is run in association with the Wellington Rowing Club. The fee covers membership to the club and entry to most regattas. Trainings are at various times during the week as set by the coaches. Club and Interschool regattas occur throughout the season with the Secondary Schools National Rowing Championships (Maadi Cup) to be held at the end of the season, end of March/April the following year. This is a demanding sport in terms of time and training. It is an expensive sport and fundraising opportunities are provided to assist students and families. New students go through a Learn to Row programme in September to get a taste of the rowing environment and then to decide if they wish to continue for the season.

- Venues: Wellington Harbour, Wanganui River, Lake Horowhenua, Lake Karapiro
- Trainings: Wellington Rowing Club, Frank Kitts Park Lagoon.
- Uniform: To be purchased from the school.
- Parent help: Fundraising, Transport and training camps. Rowing has a very good parent support group.

## **RUGBY**

- When: Terms 2 and 3
- Cost: \$75.00

Rugby has been steady over the last few years. What Onslow lacks in size is always made up for in pride, attitude and never giving in. Skill and fitness is emphasised, as well as learning to play a smarter game. Many Onslow students develop into well rounded talented players who have had to learn to play smart rugby and use skill over brawn.

- Competition: College Sport Wellington on Saturdays.
- Venue: At various schools in Wellington Region.
- Practices: To be advised by team coach or manager.
- Grades: Based on numbers, generally U55, U65, U80, Premier and Girls'.
- Uniform: All players must purchase shorts and socks, available from the school. Jerseys will be provided.

Parent Help: We need parent help for this sport. Please fill in the appropriate section on the Registration form if you are able to help. Coaches and Managers are required.

### **SHOOTING**

When: Terms 1, 2 and 3

Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Onslow College is associated with the Ngaio Shooting Club. All students interested will be referred to the club and they will advise costs etc. Due to limited resources, places available are limited. Shooting experience is desirable but not essential.

Competition: Postal Shoot / Inter-school event / National Secondary School Postal Competition

Practices: Ngaio Shooting Club

Uniform: TBC

### **SKIING/SNOW BOARDING**

When: Term 3

Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

A team of seven students is selected to compete in the North Island Secondary Schools Championships. This event is of a high standard and therefore only experienced skiers and boarders are considered. For training students are expected to make their own arrangements for accommodation and travel to training weekends before the competition.

Practices: Will be advised by the Teacher in Charge.

Uniforms: Students to provide their own clothing and equipment.

Parent Help: We need parent help for this sport. Please fill in the appropriate section on the Registration form if you are able to help.

### **TABLE TENNIS**

When: Term 2 and 3

Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Equipment is available once or twice a week at lunchtimes for students that have registered, for practice and matches. The main event of the year is the CSW Champs.

Competition: TBC

Venue: School Hall

Practices: Lunchtimes during Term 2 and 3.

Uniform: Student to loan for tournaments and championships at a small cost.

## **TENNIS**

When: Term 1 and 4  
Cost: \$20.00

Competition: Regional Premier and Senior: Boys and Girls (Term 1) - Thursdays  
Junior: Boys and Girls (Terms 1 and 4) - Tuesdays  
Venue: Northern Zone Colleges from Onslow to Paraparaumu and Taylor Park, Tawa.  
Practices: TBC  
Uniform: Sports top and shorts to be purchased from school.

## **TOUCH**

When: Term 1 and 4 – Juniors  
Term 1 – Seniors  
Cost: \$45.00

Juniors play short block competitions of two games per day over four weeks on Tuesdays and seniors play on Tuesdays.

Venue: Liardet St Park, Berhampore – Juniors  
Fraser Park, Avalon – Seniors  
Uniform: School will provide.  
Parental Help: Transport and supervision. **Coaches and Managers required**

## **ULTIMATE (Frisbee)**

When: All Year  
Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Ultimate is a fun, exciting and competitive team sport using a Frisbee. Often described as a cross between American football and netball, Ultimate is a non-contact sport played in mixed gender teams. It is unique in that it is self-refereed, even at the highest level of competition. The Wellington Secondary Schools League will be in its second year in 2012 and is going from strength to strength. Join up and try a truly unique and dynamic sport with an enthusiastic and positive group of students. Played outdoors at Martin Luckie Park in Newtown (day TBC).

Competition: Various competitions and tournaments.  
Practices: There will be one lunchtime and one after school practise per week. TBC  
Equipment: Equipment and uniforms provided  
Parental Help: Coaching assistance welcome. Adult help with supervision or transport appreciated.

## **VOLLEYBALL**

When: Terms 1 and 4  
Cost: \$40.00

An awesome sport suited for both the competitive and social player. Great indoor sport not affected by the weather. Learn awesome skills.

Competition: Senior Boys and Girls: Fridays after school  
Junior Boys and Girls: Wednesdays after school  
Practices: TBA by Coach/manager  
Uniform: Provided by the college to players for use during the season.  
Non-marking court shoes will need to be purchased.  
Parental Help: Adult help is required; please let us know on the registration form if you are available to help as **coach, manager or with transport**.

### **WATER POLO**

When: Term 1  
Cost: See registration form

Competition: Div II Boys, Girls and Mixed - Wednesdays  
Practices: TBA by Coach/manager  
Uniform: Caps provided by school  
Parental Help: Adult help is required; please let us know on the registration form if you are available to help as **coach, manager or with transport**.

### **YACHTING/SAILING**

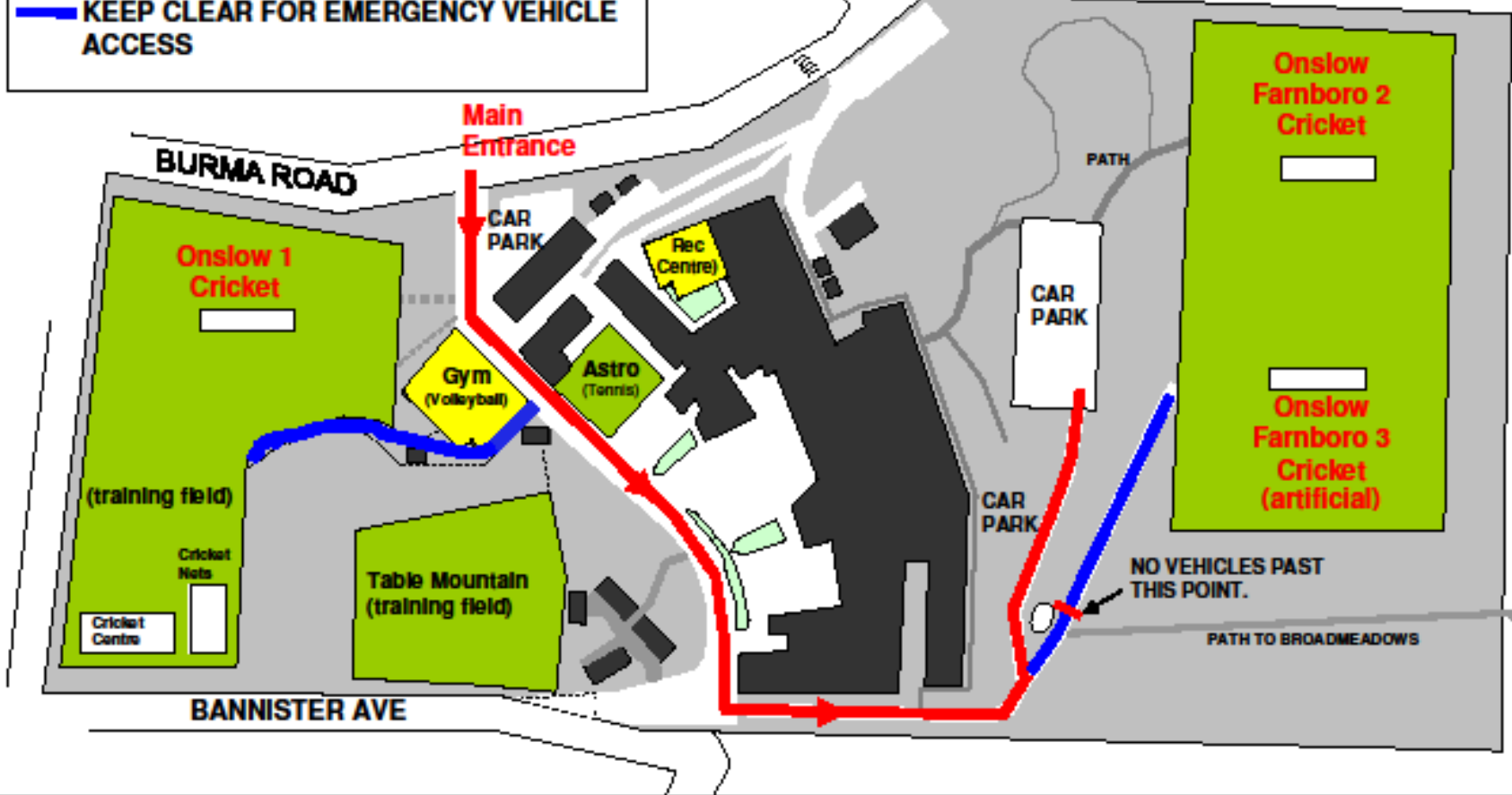
When: Terms 1 and 4  
Cost: Charged on a per event basis. Costs vary and will be advised closer to the event or when details are confirmed.

Sailing is done through the Tup Radford International Sailing Academy. All interested students will be referred to the academy to learn or improve their sailing skills. The academy will also advise on events to enter.

Competition: As per advised by the academy.  
Practices: TBA by Coach/manager  
Equipment: Provide by the academy  
Parental Help: As required by the academy



# Onslow College Summer Sports Facilities

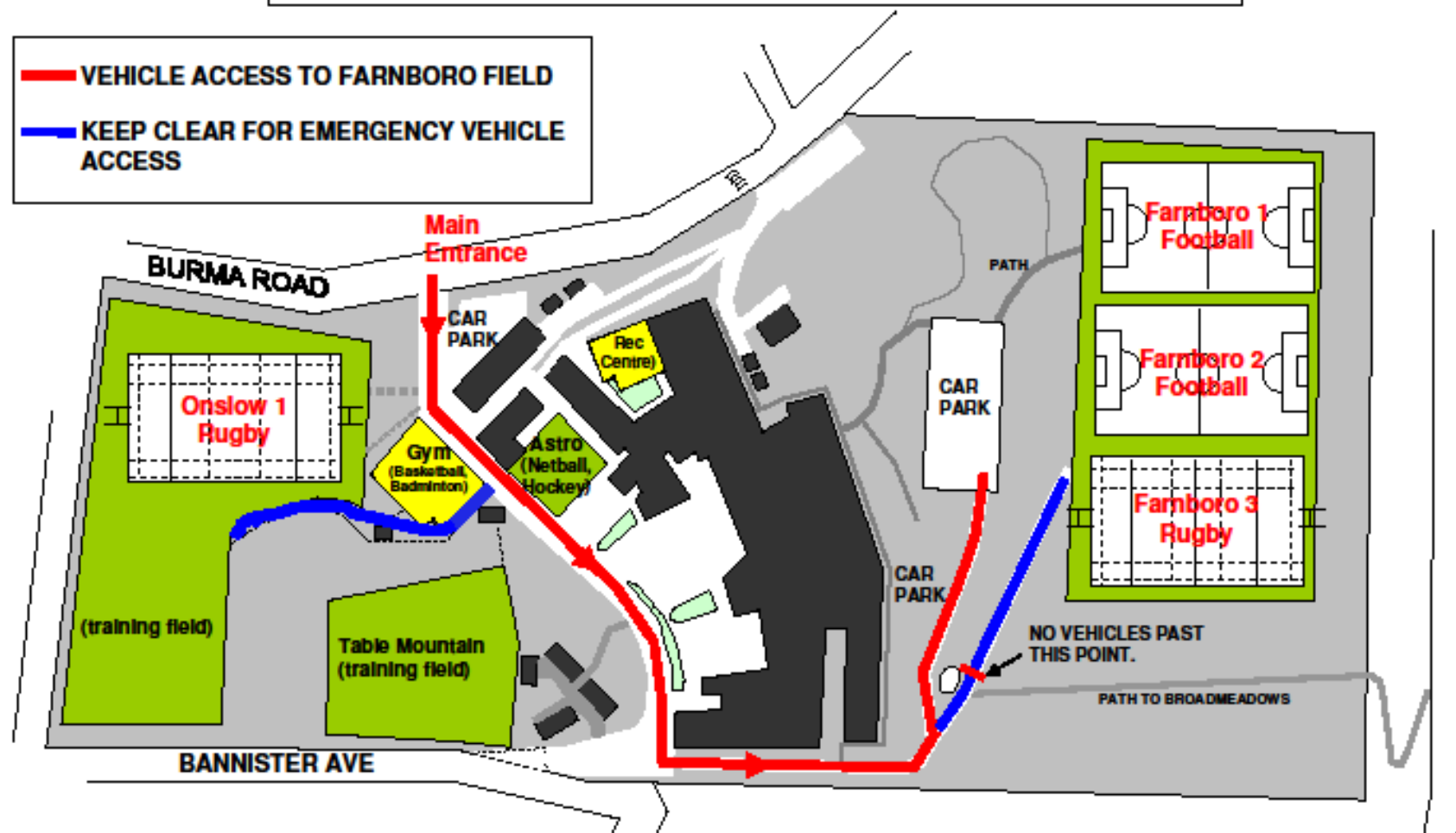
- VEHICLE ACCESS TO FARNBORO FIELD**
- KEEP CLEAR FOR EMERGENCY VEHICLE ACCESS**



**PRIVATE PROPERTY.  
THE USE OF ONSLOW COLLEGE FACILITIES IS BY PRIOR ARRANGEMENT ONLY. ANY  
UNAUTHORISED USE WILL BE DEEMED AS TRESSPASSING AND DEALT WITH  
ACCORDINGLY.**

# Onslow College Winter Sports Facilities

-  VEHICLE ACCESS TO FARNBORO FIELD
-  KEEP CLEAR FOR EMERGENCY VEHICLE ACCESS



**PRIVATE PROPERTY.**

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