

# SPORTS

# NEWSLETTER

FEBRUARY 2012

## WGHS

### LUNCHTIME ACTIVITIES:

- Register your interest for Boxing Fitness Sessions— \$24 for 6 sessions/ \$48 for 12/ \$5.00 casual
- Volleyball— Outside the Gym on the fields. Please feel welcome to join in.
- Free play gear— available from the Sports Office

### INSIDE THIS ISSUE:

ADVENTURE RACING TEAM 1

EQUESTRIAN 2

SPORTS TRIALS INFORMATION 2

SPORTS OFFICE INFORMATION

## NATIONAL CHAMPIONS—ADVENTURE RACING TEAM



Photo:

Whangarei Boys and Girls High Adventure Racing Team.

Congratulations to the WGHS and WBHS Combined Adventure Racing Team which won the National Get 2 Go Challenge! The team received School Colours for their achievements during a special assembly on Friday 10th February.

Just over five months ago Whangarei Boys and Girls High Schools attended the OPC Regional Get 2 Go Challenge where they came first against 25 other teams from around the Northland area, winning the right to attend the Grand Final on Great Barrier Island on December 4th 2011. In order to prepare for this five day event, the team needed to train 3 to 4 times a week, not only working on their fitness and strength, but also their ability to solve-problems while under time constraints, orienteering, work effectively together, and acknowledge each other's strengths and weaknesses. Over the four months leading up to the final, the squad of Adventure Racers attended other events and camps where they tested their skills and built up their confidence. However, come departure day high winds and rough seas kept us from travelling over to

Great Barrier on the Fullers Ferry, and it was not until the Monday that the sea was calm enough to cross. Once there, it was straight into two days of problem-solving activities involving a variety of skills, followed by a 7 hour orienteering race, then a 8 hour rogaine, where they adventured through Kauri forests and sea to find as many check points as they could. Come the last day, they finished off with a multi sport race back to base camp at Karaka Bay. You can imagine the sheer joy in just completing an event like this uninjured and still able to stand. However, to add to the enthusiasm of the students, they were then told that they need not race the final day as their lead was so impressive that no team could have caught up to them after the first 3 days. Darren, the event organizer stated that no team had ever won so convincingly, and full credit goes to the team that attended the event and the larger squad who trained with them. I would like to

acknowledge the support we received from families and friends and the wider community. Well done to the fantastic team who went away and won at Great Barrier against the 11 other top teams in New Zealand.

### Team:

Ryan Houba  
Bridget Johnson  
Shaan Hill  
Taylor Campbell  
Sara McKean  
Luke Wynne  
James Edwards  
Anna Miller

### Coaches:

Olivia Ford and Lee Jones.

Article by Olivia Ford.

More Photos on page two.

## EQUESTRIAN—WINNER

Congratulations to Mihi Shepherd who attended the NZPCA Dressage Championship event in Taupo on the 21st and 22nd January 2012. She was the highest placed Secondary School Junior Rider at the event.



Mihi received School Colours for her achievements during a special assembly.

Photos: The Adventure Racing Team

## MINIATURE HORSE SHOWING

Congratulations to Year 10 student, Taylah Sowry who has been selected into the NZ Miniature Horse Showing Team (Age 13-18). She will compete in a team with five others against Australia in Christchurch on the 22nd—25th March 2012.



## SPORTS TEAM TRIAL DATES:

### HOCKEY:

1st XI— Friday 24th February and Monday 27th February

2nd XI—Friday 2nd March and Monday 5th March

3rd XI—Friday 9th March and Monday 12th March

4th—Friday 16th March and Monday 19th March

5th/6th XI—Friday 23rd and Monday 26th March

### NETBALL:

Senior Netball Trials—next Wednesday 22nd and Thursday 23rd February.

Year 10 Netball Trials—Wednesday 29th February and Thursday 1st March.

Year 9 Netball Trials—Wednesday 7th and

Thursday 8th March.

### LUNCHTIME

#### ACTIVITIES:

Come along and get involved—everyone is very welcome!

Volleyball— Outside on the field.

Badminton Club— Wednesdays at lunchtime in Manawahine Gym.

Preseason/Boxing Fitness Circuits at lunchtime— please register your interest at the Sports Office.

#### SWIMMING SPORTS:

Next Friday 24th February. Sausage Sizzle \$1.50 and Ice Blocks \$1.00 to \$2.00.