

Wellington Girls' College Sports Booklet 2012





WELLINGTON GIRLS' COLLEGE SPORTS CONTACTS

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General cancellations:
Newstalk ZB Radio (frequency - 1035AM)

College Sport Wellington:
Cancellations, Draws, Results, Points: www.collegesport.org.nz

The WGC sports notice boards are an important source of information and are updated daily — with draws, results, team lists, up-coming events, courses, cancellations and defaults. Students involved in sport at WGC should check the notice boards regularly.

Please watch **The Daily Notices** as they contain important sport's information. Notices are found on Kamar.

INTRODUCTION

This booklet provides information on each sport offered at Wellington Girls' College including relevant costs, training commitments, and uniform requirements.

Students at WGC have a wide range of summer and winter sporting activities available to them. A fee is charged for most codes which covers items such as registration, transport, turf and pool fees where appropriate. There may be some additional costs during the year.

Please note, girls' registration fees must be paid before they trial for their various sports. Arrangements for regular automatic payments for sports fees can be made with the finance department.

We will do our best to accommodate everyone in their chosen activity but occasionally we cannot place a student in a team. A refund will be made should this occur.

TOURNAMENTS

Each year a number of our top senior teams go to tournament. These teams are Hockey, Cricket, Football, Netball, Underwater Hockey, Basketball, Athletics, Cross Country, Rowing, Skiing and Volleyball. Junior teams do not go to tournament unless they are exceptional, and so every first team is open to juniors who have the ability to play at that level.

Tournaments usually cost between **\$400 and \$800** per student, depending on the location.

We encourage the girls to be proactive in their raising of funds for these trips early on in the season. The school receives some community funding but this can't be guaranteed.

COACHES AND MANAGERS ALWAYS WANTED!!

With over 100 teams at WGC it is vital that we have parent and community involvement with coaching and managing teams. On each registration form, there is an area which parents / caregivers can complete if interested in helping out, or you can contact the Sports Office directly.

UNIFORMS

- Students in most top teams will be issued uniforms which are to be returned at the end of the season.
- Uniform requirements will be kept to a minimum but in all cases the uniform is non-negotiable.
- Our various sports' uniforms are registered for sporting codes and must be adhered to.
- The WGC standard PE uniform for juniors is black shorts, black and gold WGC polo shirt, white socks and sports shoes. Most playing uniforms for the juniors will be the PE uniform. Some sports codes wear a black skirt instead of the shorts, such as hockey and netball. No shorts can be worn instead, when a skirt is the official uniform.

All items are available from NZ Uniforms, 167 Thorndon Quay. The WGC sports bag, which can also be used as a general school bag, can be purchased from NZ Uniforms. Players in the top teams will be expected to purchase a bag. Larger UWH bags can be purchased from the Sports Office. Tracksuit tops are not part of the sports uniform but may be borrowed from the Sports Office for one-off events or bought from NZ Uniforms.

TEAM HOODIES

If a team would like to organise a WGC team hoodie, the design and printing must be approved by the Sports Office. Please collect a form from the Sports Office, complete the form and have it approved by the Sports Office BEFORE purchasing. Student coaches will not be in charge of purchasing the hoodies but rather an adult manager. Students will be responsible for the payment of the hoodies, not the school.

SPORTING ACHIEVEMENTS

During the course of the year there are a number of occasions where the school recognises the sporting achievements of its students. The Sports and PE departments generally hear of such successes but there are some girls who reach representative status outside of the school's domain, particularly in minor codes, which we don't know about. **We need you to tell us about girls' achievements.**

Email sport@wgc.school.nz
Phone 472 5743 Ext 711

CODES NOT OFFERED AT WGC

There are a number of sports we do not offer at school but we are more than happy to help students enter into various school team competitions, as a representative of WGC. We can loan tracksuit tops or playing tops for one-off events etc. Please contact the Sports Office if you need help.

DOMINION POST SECONDARY SCHOOLS SPORT'S PAGE

Every Wednesday in the sports section, the newspaper covers a variety of secondary schools sports achievements. Check it out each week as students from our college regularly feature.

SPORTS AND CULTURAL AWARDS DINNER

This is an annual event held to present School Sports and Cultural Honours, Coaching Awards and Sports Trophies. The dinner is for students who have participated in top sports teams, music and cultural activities during the year along with coaches, parents, members of the community, and WGC staff members. The cost is \$50 and students in top teams are expected to attend.

SPORTS TROPHIES 2011

Sportswoman of the Year
Contribution to Sport
Team of the Year
Coaches of the Year

Meaghan Wilby
Emily Black
U18 Rowing Quad
Jess Williamson & Emily Black

Abigail Kriebler
Courtney Wheeler
Megan Blair
Julia Domanski
Angleline Lim
Tegan Graham
Caitlin Grice
Meaghan Wilby/Camece Salmon
Courtney Sprott
Tasmsyn Newton
Olivia de Ronde

Athletics – Junior Champion
Athletics – Intermediate Champion
Athletics – Senior Champion
Badminton – Junior Champion
Badminton – Senior Champion
Basketball – Junior Player of the Year
Basketball – Most Improved Player
Basketball – Player of the Year
Cricket – Valuable Contribution
Cricket Player of the Year
Junior Runner of the Year

| | |
|-------------------------------|--------------------------------------|
| Megan Blair | Senior Runner of the Year |
| Samantha Kendrick | Football – Junior Player of the Year |
| Emma Holmes | Football – Most Improved Player |
| Grace SurrIDGE | Football – Player of the Year |
| Tessa Noakes/Emily McNaughtan | Hockey – Valuable Contribution |
| Jackie Kiddle | Hockey – Most Improved Player |
| Neelum Patel | Hockey – Player of the Year |
| Bianca van Dyk | Netball – Junior Player of the Year |
| Ashleigh Martin | Netball – Snr B Most Improved Player |
| Megan Blair | Netball – Snr B Player of the Year |
| Amy Strawbridge | Netball – Snr A Most Improved Player |
| Philippa Loveard | Netball – Snr A Player of the Year |
| Jess Paton | Rower of the Year |
| Kate Johnson-Lee | Sailor of the Year |
| Nikki Chapman | Swimming – Junior Champion |
| Abigail Dorrington | Swimming – Intermediate Champion |
| Lauren Coetzee | Swimming – Senior Champion |
| Alisha Venter | Tennis Player of the Year |
| Brittany Porter | Water Polo – Valuable Contribution |
| Fenyi Manning | Water Polo – Player of the Year |
| Sandy Morris | UWH – Valuable Contribution |
| Ava Simpson | UWH – Player of the Year |
| Doris Manueli | Rugby – Valuable Contribution |
| Tamsyn Newton | Rugby – Player of the Year |
| Grace Uluiburotu | Volleyball – Most Improved Player |
| Emily Black | Volleyball – Player of the Year |
| Olivia Stevens | Waka Ama – Paddler of the Year |

SPORTS EXCHANGES 2012

Wellington East SUMMER Exchange

Wednesday 21st March at Wellington East Girls College

1st XI Cricket, Athletics Relay, Senior A Tennis, Snr A Volleyball, Senior A Water polo.

Wellington East WINTER Exchange

Thursday 21 June at Wellington East Girls College

Senior A Basketball, Senior A Netball, 1st XI Football, 1st XI Hockey, Senior A Badminton, Senior A Underwater Hockey.

Palmerston North Girls High Exchange

Thursday 31 June at Wellington Girls' College

1st X1 Football, 1st X1 Hockey, Senior A, B and Junior A Netball, Senior A Basketball, Senior A Badminton, Cross Country

REGISTRATION PROCEDURES

- Collect a colour-coded registration form from the gym foyer. Summer sports registration forms will be out in the first week of school. Winter sports forms will be out in early in Term 1.
- Complete the form and have it signed by a parent / caregiver. Return the form to school along with the **FULL** payment. Internet banking is available – please see the form for details. Ensure the details are detailed i.e. student name and the sport(s) for which the money is being paid.
- Drop the form and payment into the **Finance Office (dropbox)** **not the Sports Office**. We need to ensure the payment is registered against the student's name. Students may not be able to trial or play for their selected sport/s if this is not done.
- Social teams will not be entered into competitions unless ALL team members have paid and completed an individual registration form. The team will then need to enter a team registration form that all members have signed. A parent/caregiver will need to take on the responsibility of managing the team.



Throughout the year we strongly recommend that students check the **Daily Notices** every morning and read the sports' notice boards in the gym foyer, located between the two gyms.

This is the primary method of communication used by the Sports Department. Any problems, queries or clashes, speak to one of us in the sports office or send us an email sport@wgc.school.nz .

ATHLETICS

School Athletics Day Newtown Park – Thursday, 23 February 2012.

This compulsory day is a combination of competitive athletic events and fun Inter-House activities. The school Athletics representative team will be selected from these results.

Girls' Zone Intercollegiate - Wednesday, 7 March at Newtown Park.

Those athletes who qualify from the Zone competition will participate in the Regional Championships - Wednesday, 14 March at Newtown Park

The Wellington Secondary Schools Team will then be selected to compete in the North Island Championships - 31 March to 1 April in Tauranga.

Nationals 2012 8 – 9 December in Dunedin.



Training: Runner's Club at WGC and personal programme

Uniform: Black shorts
WGC athletics singlets, available from the sports office.
These can be borrowed for one-off events.

Cost: No charge

BADMINTON

Badminton is played at a competitive and social level in an Interschool competition for all age groups. Teams are made up of at least 6 students and at least 4 must attend every match.

Students may select their own teams except the Senior A & B and Junior A & B teams, which will be selected. We have limited space available so not all students who want to play will be able to do so.

Training: Senior A & B and Junior A & B training time to be arranged with the coaches. Social teams can train lunchtimes on Thursday but it is optional. Students must bring their own racquets.

Competition: May – September
Junior (Year 9 & 10 only) Thursdays 4 - 6pm
Senior (Year 11, 12 & 13) Fridays 4 - 6pm
The Senior A team will compete in school exchanges
CSW Senior Tournament Wednesday 27 June
– Badminton Hall
CSW Junior Tournament Wednesday 1 August
– Badminton Hall
Trials for teams will be held early March.

Venues: Various Secondary Schools in Wellington and Badminton Hall, Hataitai. Students must make their own way there.

Uniform: Senior A & B team – top and skirt provided
For social teams - sports clothing and sports shoes.
PE gear for juniors.

Equipment: You **MUST** have your own Badminton racquet.
WGC provides shuttlecocks.



Cost: WGC registration fee \$45, plus bus fares for travel on competition day.

BASKETBALL

There will be at least 4 competitive teams in the interschool competition in 2012 as well as a number of social teams. Not all students can be guaranteed a position in a team. Students year 10 and above are welcome to enter their own social team and training is optional.

Scrimmages & Skills Sessions: Saturdays 18, 25 February and 3 March at WGC Gym 3-5pm

Trials: Juniors followed by Seniors at WGC Gym

Saturday 10 March 3pm – 6pm

Wednesday 14 March 3.30pm – 6pm

Saturday 17 March 3pm – 6pm

These sessions and trial details are to be confirmed. Please watch the Notices for any changes.

Competition: The Senior A team will play at the ASB Sports Centre in Kilbirne. All other games are played in school gyms in the greater Wellington area during Terms 2 and 3.

Juniors (Year 9 and 10) play Tuesdays 5pm or 6.30pm

Seniors play Fridays 6.00pm or 7.30pm

5 – 8 September NZSS Girls Zone Tournament, New Plymouth



Training: 1 – 2 sessions per week
Compulsory attendance at ALL sessions

Uniform: Senior A team: Singlet and shorts supplied
All other teams: Singlets are provided, black PE shorts, white socks and sports shoes.

Cost: WGC registration fee \$95 (includes the weekly compulsory referees fee)

Assistance is needed for refereeing and bench duty. There is a fee paid to referees for every game of \$20. Please indicate on the registration form if you can help out.

CRICKET

Trial: Tuesday 7 February 2.40pm – 5pm WGC Field
Thursday 9 February 3.30pm – 5.30pm WGC Field

Please bring appropriate gear. You may bring your own bat, pads etc. but gear is available for use.

Games are played in Term 1 and Term 4.

Training: At least one session per week, after school, day TBA.

Competition: Premier 1 – 1st X1 play 20/20 games on Thursdays after school at various venues throughout the region.

Premier 2 - 2nd Team play 8 a side, 20/20 competition. This team will be more about participation and development.

26 – 28 March Qualifying tournament, Wellington
7 – 10 December Nationals, Palmerston North

Uniform: 1st XI: Shirt and trousers provided
2nd Team: PE top, trousers provided



Equipment: Players may like to purchase their own protective gear and bat. However the school can provide gear. Left-handers may need to purchase their own batting gloves.

Cost: WGC registration fee \$50

CROSS COUNTRY

Middle distance athletes are encouraged to participate in Cross Country competitions (Terms 1 & 2) and Road Racing (Term 3 & 4). WGC teams compete strongly in local and national competitions and we encourage students from other sports to also get involved in the cross country programme. (Race distances are 2 – 4km.)

Training: Students need to have their own personal training programme.

Student Runs: There is a lunchtime running club with group runs from anywhere between 15 - 25 minutes – all students are welcome to join the group.

Competition: The Cross Country and Road Race programmes include races for individuals and teams at local, regional and national levels.

Uniform: Black shorts, WGC athletic singlet (supplied), sports shoes.

Programme:

| | |
|--------------|--|
| 9 May | Cross Country Relays, Karori Park |
| 30 May | CSW Champs, Trentham |
| 29 August | Scottish Road Race Relays, Trentham |
| 19 September | CSW Road Race Champs, CIT, Upper Hutt |
| 16 June | National Cross Country Champs, Auckland |



Cost: WGC Registration \$55. This will cover entry fees and transport to the local competitions.

DRAGON BOATING

In 2012 Wellington Girls' College will enter one crew into the interschool Dragon Boat Festival. The crew has already been selected. Paddlers must be competent swimmers. Priority was given to Year 13 students.

Training: Tuesdays and Thursdays during February beginning 21 February, 2012.
Attendance is compulsory.

Harbour Fun Day: Saturday 25 February

Race Day: Sunday 18 March,
Lambton Harbour



Uniform: WGC Dragon boat singlet (supplied)
Black shorts. Knee pad recommended.

Cost: \$60

There will be an additional cost of a team t-shirt should you wish to purchase one.

FOOTBALL

We have 2 competitive senior teams and 3 junior teams. As well, senior students (Year 11, 12 & 13) may make up a social team of at least 15 players, but at the time of entering their team, they must also nominate a competent adult coach / manager to referee their games each week. All players must complete an individual registration form as well as sign a team form. Training is optional for social teams.



We are in need of coaches for 2012, especially for the junior teams, as senior girls play at the same time and are unable to assist. Please let the sports office know if you are keen to coach.

Trials: Seniors (Years 11-13) - Sunday 26 February and 4 March
Juniors (Years 9 & 10) – Sunday 11 and 18 March

All trials 2pm – 4pm on the field at WGC

Juniors are welcome to attend the senior trials if they believe they are capable of playing at this level. If juniors are not selected for the 1st X1, they must attend the junior trials.

Training: 1 or 2 per week. To be arranged with coaches.

Competitions: May - August.

Division 1 & 2: Wednesday 4 - 5.30pm at schools in the greater Wellington area. Some games are played on artificial surface.

Junior Grades (Year 9 & 10): Wednesday at schools in the Wellington city zone 4 - 5pm.

Division 3 & Social Teams: Tuesdays 4 - 5.30pm at schools in the greater Wellington area.

Parental help with transport is required for some of these games.

National Premier Tournament on September 3 – 7 in Taupo.

Uniform: 1st XI and 2nd XI playing strip supplied (not socks)

All other teams - black PE shorts and top, black socks with gold tops. Social teams can design their own tops.

Football boots and shin pads are compulsory. WGC Football socks can be purchased from NZ Uniforms.

Cost: Registration fee \$60 (includes Capital Football Levy)

Transport costs to games are additional (usually about \$5 per week if girls take a shuttle).

HANDBALL

This sport is open to all year groups. It is played in Term 1 and 4, however seniors can only play in Term 1.

Training: To be confirmed

Trials: Please watch the Daily Notices for times and dates

Competition: Wednesday late afternoon/evenings at ASB Sports Centre

Uniform: WGC PE gear, white socks and appropriate footwear

Cost: Approximately \$30



HOCKEY

The school will have 4 teams in 2012 one of which may be a social team. Teams train and play on turf during terms 2 & 3.

Trials Tuesdays 13, 20, 27 March and 3 April.
All at 5 – 7pm National Hockey Stadium, Newtown

Training: Training times and venues are to be confirmed early in Term 1 as soon as teams and coaches are confirmed.

1 & 2 X1 will probably train Tuesdays at NHS 3 - 4pm

Pre-season fitness sessions will start in February for those wanting to play in the 1st and 2nd X1 teams.

Coaches: We have coaches for the 1st and 2nd X1 teams but are in need of coaches for the 3rd and 4th teams. Please let the sports office know if you are keen.

Competition: Commences in Term 2
1st XI play on Friday evenings
2nd XI play on Thursday evenings
At NHS, Fraser Park, Elsdon, Carterton, or Kapiti

3rd XI & 4th XI Tuesday or Wednesday at NHS after school / evenings.

Uniform: 1st XI Skirt and top provided
2nd, 3rd & 4th XI Top provided, black skirt (not shorts) to be purchased.

All teams:

WGC hockey socks (black with gold top plus alternate yellow socks for the 1st X1), own hockey stick, shin guards, mouth guard, turf / sport shoes.

Goalies are required to play with protective gear at all times.

Goalie gear can be supplied by the school if required.

Cost: Registration fee \$210 – the cost includes shuttles to training each week (not return), and turf fees for both training and games,



NETBALL

Competition: Premier teams down to Collegiate 4, will be playing indoors at the ASB Sports Centre in Kilbirnie for the 2012 season. Collegiate 5 to 8 teams will continue playing outdoors at the Hataitai netball courts.

- 1 CSW Premier Tournament ASB Centre 17 May
- 2 CSW Junior A Tournament ASB Centre 9 August
- 3 Lower North Island Tournament
3 – 7 September, Palmerston North, Senior A.

Senior A, B and Junior A teams will be involved in various school exchanges.

Trials: All students at all levels are expected to make themselves available for all of their respective trials. Dates have been pre-set to allow students to make arrangements. Juniors will also be expected to attend the Grading Tournament. Students are asked to notify the sports office personally if they will be unable to attend any trials.

All trials will be held at WGC.

IMPORTANT – No student can trial until the registration fee of \$110 has been paid.

All Seniors including those trialling for the Senior A & B teams.

| | | |
|----------|----------|--|
| Saturday | 3 March | 9am – Noon |
| Saturday | 10 March | 9am – Noon |
| | | Noon – 1.30pm (Senior A & B trial – girls will be invited to stay on for this trial) |

(Important - The Senior trials are open to all students including juniors who feel they are capable of playing at this level. Juniors, who don't make the Senior A or B team, will need to attend the junior trials)

Year 9 and 10 Trials (including Junior A)

Pre trials for Year 9s are held in PE class prior to trials.

Year 9

| | | |
|----------|----------|-----------------|
| Saturday | 17 March | 9am – Noon |
| Tuesday | 20 March | 2.45pm – 4.30pm |
| Saturday | 24 March | Noon – 2.30pm |

Year 10

| | | |
|----------|----------|-----------------|
| Saturday | 17 March | 1pm – 3.30pm |
| Thursday | 22 March | 3.30pm – 5.00pm |
| Saturday | 24 March | 9.00am – 11am |



The Junior A trial will follow trials on Saturday 24th, 3 – 4.30pm.
Year 9 and 10 girls will be invited to attend this trial.

Year 9 & 10 WGC Grading Tournament

Saturday 31 March 8.15am – Noon

All Year 9 and 10 players are expected to be available for this tournament. It is held at school. Junior players will be in provisional teams. Selectors will use this opportunity to ensure players have been placed accurately in teams based upon their ability and performance in trials.

Recreational Teams

Year 10 – 13 students can make up their own team of **10** players (no less) plus appoint a parent manager, in consultation with the sports office. Rec. teams play in the same competition and grades as other teams. It is the responsibility of the rec. teams to find their own coach if they want one. The rec. team registration form can be collected from outside the sports office. Each player must fill out an individual registration form as well as sign a team form. Teams will not be entered until ALL players have paid.

Netball Season Start 2012

Premier Grades (WGC 1-3) 21 April
Collegiate Grades 5 May (TBC)



All premier teams play during the holidays so please note that all girls selected for these teams will be expected to be available for all games.

No games are played Easter Weekend or Queens Birthday.

Trainings

| | | |
|---------------|----------------|---------------|
| Year 9 teams | Tuesdays | 2.40 – 3.45pm |
| Year 10 teams | Thursdays | 3.30 – 4.30pm |
| Senior Teams | By arrangement | |

These times may vary depending on coach availability.

- Each year a number of teams are coached by senior students who run weekly trainings and attend Saturday games (except when their own games clash).
- All players are expected to attend trainings and we ask for the support of parents in this regard - training is **not** optional.
- Players in all teams are required to make a full commitment to their team practices and to Saturday games. There will be an adult manager for every team with student coaches.

Uniform

Senior A - dress supplied

Senior B, C and Junior A teams - tops only supplied

All other teams – black skirts, the black and gold WGC PE top, white ankle socks and supportive shoes.

Bibs, 2 balls and a team gear bag are supplied to all teams.

Coaching

We are always in need of coaches and managers. Coaching support is provided before and during the season. Please indicate your interest on your daughter's netball registration form. Netball Wellington runs excellent coaching courses. See the details on their website www.netballwellington.co.nz and register early.

Senior students who wish to coach should register their interest on the netball notice board and must make a commitment to attend coaching sessions being run at school. Dates will be announced early in term 1.

Umpiring

WGC will be providing courses prior to the start of the season. Many of the teams have to umpire and so must attend these sessions.

All teams from Collegiate 2 down must supply one person to umpire their own team's game. It will be a good opportunity for students to train early Term 1, qualify as an umpire, and make some pocket money! Please watch the Daily Notices for information.

Cost Registration fee \$110. This must be paid before trials.

An additional \$25 will be charged to those girls who are selected in the Collegiate 4 teams and above, due to the increased costs of playing at the indoor stadium.

ROWING

Rowing is for girls who want to be really fit and who like the idea of attending several training sessions each week. Rowing is a lot of fun. You will make great friends and learn a lot about organising yourself, committing to a team, training and racing. The summer season runs from the start of Term 4 until the end of Term 1.



Approximately 12 new rowers begin in September of each year, mostly from the junior school. Watch the daily notices and sports notice board in Term 3 for trial information.

A committee of WGC rowing parents helps to organise uniforms, transport, accommodation, and food for trips away to training camps and regattas.

Training

Summer training usually consists of 4 to 5 sessions a week. These sessions are 2 hours long and involve rowing on the harbour or doing fitness training in the Boat Club. They are generally held from 6am to 8am or 4 pm to 6pm. If you row as a senior, training is generally 5 to 6 days a week. In the lead up to major competitions such as Nationals (Maadi Cup), students can be training every day. There is a one week training camp held every year during the summer holidays.

Coaching

The WGC senior rowing coach is an experienced coach who has been coaching at WGC for over 20 years. The other coach is one of our parents who is an experienced sports coach and experienced rower.

Competitions

During the first half of the season, the rowing competitions are inter club events with rowers competing for Star Boating Club. Regattas are generally held on Wellington Harbour, Lake Horowhenua, the Manawatu River, the Whanganui River or Lake Karapiro (Cambridge).

During the second half of the season, rowers compete in inter school regattas for Wellington Girls' College. Inter school champs are held in Wellington, Lake Horowhenua, Lake Karapiro (Cambridge) or Lake Ruataniwha (Twizel).

Uniform

Star Boating Club uniform (unitard) for club events.
WGC Uniform (unitard) for inter school events.

Cost

Rowing incurs considerable costs. Fees for the year cover use of facilities at the Star Boat Club, race fees, transport, accommodation and food for training camp and regattas.

Fees are around \$2000 in any one year. Extra costs are uniforms and gear like polyprops and shorts for training.

RUGBY

Competition: WGC plays in a 10-aside competition in the Wellington region on Thursday afternoons.

Training: Once a week. Day to be confirmed

Cost: \$20 WGC registration. Transport costs extra.

Uniform: Rugby jersey supplied.



SAILING

In 2012 there will be an opportunity for beginning or more experienced sailors to sail on Monday afternoons in Terms 1 and 4. This is offered in Association with the Tup Radford Sailing Academy which operates from The Evans Bay Yacht Club. 2 person "420" boats are used.

Personal equipment possibly required eventually includes wet suit (full length preferable), buoyancy jacket, sailing gloves and footwear.



Information Meeting: Wednesday 8 February in the Gym Mezzanine, lunchtime

Competition: CSW Champs, Plimmerton, 7 March

Cost: Approx \$150 per term for students sailing with the Tup Radford Sailing Academy, paid directly.

SKIING

The school enters two teams with 5 skiers in each, into the North Island Secondary Schools Ski Championships held at Turoa in September.

Trials: Students are initially asked to provide a "skiing c.v." and trialists will be selected from those with gate and racing experience.

Competition: 3-day event, racing through gates
Day 1 Individually timed
Day 2 Paired racing on a dual slalom course
Day 3 Back up day



Uniform: Girls supply their own gear.

Cost: \$400 each approximately (after team selection) for the competition, ski passes, travel, accommodation and food.

SWIMMING

The school swimming champs will be run at the same time as the Junior House swimming sports at Karori pool. The champs are open to any students at any level.

Individuals may wish to attend NI Secondary School Championships. We will distribute this information to students wishing to attend but do not travel as a team to the event. Parent support is required. Watch the sports' notice board and daily notices.

Competition: WGC Swimming Championships and Year 9 & 10 swim day at Karori Pool, Thursday 23rd August, 2012

CSW Huia Cup Relays – NaeNae
- Thursday 14 June
CSW Individual Champs - NaeNae
- Thursday 21 June



Training: Most top swimmers belong to clubs and have personal programmes. Contact your local pool for details about this.

Cost: Fees to be paid if competing in Intercollegiate or North Island Champs.

TENNIS

Mid-week interschool competition will be held in Term 1, 2012 for all players.

Interschool competition is not for beginners. Girls need to be able to play to a reasonable standard and to score their own games.

Competition: The **Senior A** team will compete in a Regional Competition Played at the Renouf Tennis Centre and Mitchell Park courts on Thursdays.
All other grades are played at schools in the Wellington area or at the Renouf centre.
Nationals Qualifying – 22 February - Renouf
Nationals – 26 - 30 March, Auckland
CSW Senior Tennis Champs – 13 March - Renouf
CSW Senior Team Finals – 4 April - Renouf
CSW Junior Tennis Champs – 7 November - Renouf
CSW Junior Team Final – 27 November - Renouf

The Pryde Cup Annual Exchange vs Queen Margaret, St Marys and Samuel Marsden – 3 April, Renouf

Equipment: For competition - own racquet. Balls supplied.

Costs: WGC Registration fee \$50

TOUCH RUGBY

- Training:** Mondays 4.00pm on the WGC Field
- Competition:** Tuesdays 4.00pm
Venue – Wakefield Park, Beramphore
- Tournaments:** CSW Senior Qualifying tournament 23 February
CSW Junior Tournament 15 November
- Uniform:** Singlets provided; black shorts, white socks, touch shoes
- Cost:** Registration Fee \$25 (does not include transport cost to games – about \$5 if a shuttle is being used)



TRIATHLON

The Wellington Secondary Schools Triathlon is to be held at Scorching Bay on 8 March. This event is open to individuals and teams of three.

- Training:** Personal training programmes can be organised.
- Equipment:** You need to supply and transport your own bikes.
- Uniform:** Wet suit if possible, swim caps compulsory for the swim, (WGC caps supplied) WGC athletic singlet (supplied), black PE or running shorts,
- Cost:** Entry fees TBC



UNDERWATER HOCKEY

- Training:** At WRAC – Wellington Regional Aquatic Centre, Kilbirnie
Sunday 11.00am – 1.00pm Juniors
Sunday 7.30pm – 9.00pm Seniors
- Trials:** Please watch the notices for details.

- Equipment:** Students need to provide their own sticks, snorkel, mask and flippers. Your coach will assist with information on the appropriate gear and costs. There will be gear available to hire at the pre season "have a go" sessions.
- Competition:** Tuesday evenings at Kilbirnie and Huia Pools commencing beginning of March with the pre-season "have a go" league. Competition league begins at the end of March. The league will continue in Terms 2 and 3.
Qualifying tournament for Nationals for the Senior team, June 8 – 10 in Wellington at WRAC.
If qualified, Nationals Sept 6 - 9, Wellington
- Uniform:** Own swimwear - team togs to be organised once team confirmed. Caps supplied
- Cost:** WGC registration fee of \$95 includes pool hire fee.
- Pool entry for training and games is additional
(approx \$2 per session.)



VOLLEYBALL

- Training:** In the school gym at lunchtime or after school, the days to be arranged with the coach.
- Trials:**
- Juniors**
Tuesday 7 February 2.40 – 5pm
Wednesday 8 February 3.30pm – 5.30pm
- Seniors**
Thursday 9 February 3.30pm – 5.30pm
Friday 10 February 3.30pm – 5.30pm
- All trials will be held in the WGC gym
- Competition:** Competition is during Term 1 and 4 of 2011. Games are played at school gyms throughout Wellington, Hutt Valley and Porirua.

Seniors play on Fridays after school
Juniors play on Wednesdays after school

CSW Senior Tournament 16 and 17 March
CSW Junior Tournament 9 and 10 November

Nationals 25 – 30 March, Palmerston North.

Uniform: WGC black PE shorts, singlet supplied, PE top for juniors
Sport's shoes and white socks

Cost: WGC Registration fee \$45



WATERPOLO

Seniors will commence early in Term 1 and juniors play Terms 2 & 3.

Training: Kilbirnie Pool, Sunday 11.00am–1.00pm at WRAC. An additional swim training may also be arranged.

Trials: **Senior Team trial:**
These trials are also open to junior players if they are strong water polo players or strong swimmers and would like to trial at this level. Please watch the Notices for times.

Junior Team trials:
They will be advertised through the Daily Notices and the sports notice board late in Term 1.

Competition: Seniors
Combined Hutt and Wellington competition during Term 1.
Games are played at Huia, WRAC on Wednesday / Thursday 7pm – 10pm.

Juniors
Competition is Terms 2 and 3, commencing in May on Monday nights at WRAC or Huia Pool.

Uniform: Black team togs for tournament
WGC tracksuit
Caps supplied



Costs: WGC Registration fee \$100 – includes pool hire. Pool entry for training and games is additional, approx \$2 per session, plus tournament costs.
Students playing for two teams need to pay the fees for each team i.e. Senior & Junior team.

WAKA AMA

Training: One a week at Lyall Bay

Competition: CSW Champs, Porirua 3 March
Nationals Blue Lake, Rotorua 27 – 30 March

FAIR PLAY

This College abides by the rules of fair play. These are:

1. Enjoy yourself
2. Play within the rules
3. Respect the referees and umpires
4. Respect the opposition and their supporters
5. Be gracious winners and dignified losers
6. Play hard but fair

Wellington Girls' College would like to acknowledge

Fuji Xerox

*For their support in the printing of the
WGC Sports Booklet*

