



# PUKEKOHE HIGH SCHOOL



## SPORTS INFORMATION HANDBOOK 2024



PRINCIPAL PARTNER



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# WELCOME TO PUKEKOHE HIGH SCHOOL SPORT



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 2023 we successfully competed in 28 sports code competitions and/or national tournaments. We sent 23 teams away to National/regional tournaments across summer (10) and winter tournament week (13) 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



# MEET OUR SPORT STAFF FOR 2024



GORDON  
**PAULSEN**

*Director of Sport*



SHEY  
**EVA**

*Sport Coordinator*





# OUR VISION 2024



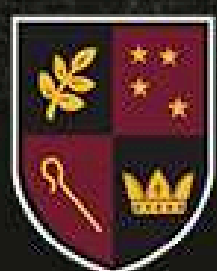
PUKEKOHE HIGH SCHOOL SPORT

***'LEARNING WITHOUT LIMITS THROUGH 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'***



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# OUR VISION 2024



PUKEKOHE HIGH SCHOOL SPORT

**'LEARNING WITHOUT LIMITS THROUGH SPORT'**

## OUR GOALS

### EMPOWERING CURRICULUM

*Using Sport as a vehicle to engage and support our young people toward our curriculum.*

### INNOVATIVE LEADERSHIP

*Create and build the ability for school sports leaders and school community to contribute to our sporting environment in our Kura.*

### INSPIRING ENVIRONMENT

*Create and invest in an inspiring Sporting environment that our people can have a sense of belonging too.*

### IMPACTFUL PARTNERSHIPS

*Form and sustain meaningful partnerships with our wider community that will strengthen Sport at Pukekohe HS.*

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





# OUR VISION 2024



PUKEKOHE HIGH SCHOOL SPORT

*'LEARNING WITHOUT LIMITS THROUGH SPORT'*

## OUR VALUES

*OUR SCHOOL VALUES UNDERPIN EVERYTHING WE DO IN SPORT*

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

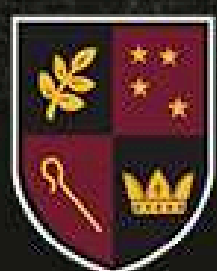
**PUUMAUTANGA** – PUUMAUTANGA IS ABOUT VALUING COMMITMENT, PERSEVERANCE AND RESILIENCE.

**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'*



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# PREMIER SPORTS

## BASKETBALL

### 2024 SEASON

Basketball Captains  
Nathaniel Short / Elizabeth Klavenes

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 - \$225

### Senior Girls - Franklin Schools League

When - Thursday evenings  
Where - Franklin Pool & Leisure Centre  
Season Fees - \$225

### Senior Boys - Franklin Schools League / Premier Basketball Tournaments

When - Thursday evenings  
Where - Franklin Pool & Leisure Centre  
Season Fees - \$385

### Tournament Week 2024

When - 2nd Sept - 8th Sept  
Where - Pulman Arena, Takanini  
Cost - TBC





# PREMIER SPORTS

## CLAY TARGET SHOOTING

### 2024 SEASON

Clay Target Shooting Captains  
Emma Lane / Robert Fry

Host College/Club  
Kings/Pukekohe/Waiuku College  
Auckland Metropolitan Clay Target Club - 14th March

Hauraki Plains College  
Neil Carseldine Memorial Shoot  
Thames Clay Target Club - 11th April

Taupo Schools/Murray Luke Memorial Shoot  
Taupo Gun Club - 9th May

Matamata College  
Matamata CTC - 6th June

Hamilton Boys High School/ Waikato CTC - 5th July

North Island Secondary School Champs  
Waikato CTC - 6th July

Rotorua Rod & Gun Club/ John Paul College - 8th August

Tauranga Boys College/Bay of Plenty CTA - 5th September (Winter Tournament Week)

South Island & NZ Secondary School Championships - 28th - 30th September  
Canterbury Clay Target Club





# PREMIER SPORTS

## CRICKET

### 2024 SEASON

Boys Cricket Captain -  
George Williams

Boys 8-a-side Cricket Season (Term 1 & 4)  
Season Fees - \$30

Where - Various locations in Counties Manukau

Boys 1st XI Cricket Season (Gilette Cup Regional Qualifier) February - March  
Season Fees - \$25

Where - Bledisloe Park or Karaka Sports Complex

Girls 6-a-side (One day tournament)  
Season Fees - FREE

Where - Karaka Sports Complex





# PREMIER SPORTS

## FOOTBALL

### 2024 SEASON

Football Captains -

Boys Football - Reuben Visser & Rhen Pressnell

Girls Football - Emerson Foote

Junior Boys Season (Term 2 & 3) - Counties Manukau Junior Season

Season Fees - \$110

Where - Various locations in Counties Manukau

Premier 1st XI Football Boys Season (Term 2 & 3) - Counties Manukau Senior Season

Season Fees - \$155

Where - Various locations in Counties Manukau

2nd XI Football Girls Season (Term 2 & 3) - Counties Manukau Senior Season

Season Fees - \$110

Where - Various locations in Counties Manukau

Premier 1st XI Football Girls Season (Term 2 & 3) - Counties Manukau Senior Season

Season Fees - \$155

Where - Various locations in Counties Manukau

Winter Tournament Week - 1st Sept - 7th Sept 2024 (1st XI Boys & Girls Only)

Boys - Malcolm Cowie Cup

Locations - Whangarei

Girls - Maurice Hulme Cup

Location - Taupo





# PREMIER SPORTS

## HOCKEY

### 2024 SEASON

Hockey Captains -

Boys Hockey - George Williams

Girls Hockey - Jess Nepia

Premier 1st XI Hockey Boys Season (Term 2 & 3) - Auckland A Grade Season  
Season Fees - \$320

Where - Various locations in Auckland

Premier 1st XI Hockey Girls Season (Term 2 & 3) - Auckland A Grade Season  
Season Fees - \$320

Where - Various locations in Auckland

Winter Tournament Week - 1st Sept - 7th Sept 2024

Boys - Rankin Cup

Location - Tauranga

Girls - Chica Gilmer Cup

Location - Whangarei





# PREMIER SPORTS

## LACROSSE

### 2024 SEASON

Lacrosse Captains -

Holly Griffin

Airah Padilla

Takaua Taumoefolau

Lacrosse Girls Season (Term 2 & 3) - Auckland A Grade Season

Season Fees - \$140

Where - Various locations in Auckland

Winter Tournament Week - 1st Sept - 7th Sept 2024

Boys - Rankin Cup

Location - Tauranga





# PREMIER SPORTS

## NETBALL

### 2024 SEASON

Netball Captains -  
Netball - Kimi Perenara

Premier Netball Season (Term 2 & 3) - Counties Manukau Season  
Season Fees - \$250

When - Wednesday Evenings

Where - Pulman Arena, Takanini

Senior Netball Season (Term 2 & 3) - Counties Manukau Season  
Premier Development, Senior Red, Senior Black

Season Fees - \$220

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 - \$220

When - Wednesday Evenings

Where - Pulman Arena, Takanini

Winter Tournament Week - 1st Sept - 7th Sept 2024

Premier Netball - UNISS Tournament

Location - Waitakere, Auckland





# PREMIER SPORTS

## ROWING

### 2024/2025 SEASON

Rowing Captains -  
Rowing - Alex Sharp  
Rowing - Ashley Pryor

Learn to Row Programme - July 2024 (All new Rowers)

Rowing Season - October - March 2024/25

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.





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# PREMIER SPORTS

## RUGBY

### 2024 SEASON

Rugby Premier Captains -  
1st XV Boys - Timana Mark  
Girls Rugby - Kayla Moana

Boys Rugby Season (Term 2 & 3) - Counties Manukau Season  
1st XV Boys, XV A Boys, U15 Open Boys, U14 Open Boys, U70kg Boys  
(U70kg Boys played in Auckland Competition)

Season Fees - \$95

When - Saturday Mornings

Where - Various venues in Counties Manukau region

Girls Rugby Season (Term 2 & 3) - Counties Manukau Season

Season Fees - \$75

When - Friday Evenings

Where - Various venues in Counties Manukau region

Winter Tournament Week - 1st Sept - 7th Sept 2024

1st XV Boys & Girls Only - Northern Region Cup

Location - Colin Lawrie Fields, Pukekohe





# 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 (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



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# 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)

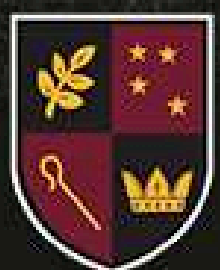
**Table Tennis** - Auckland Term 3 And 4 league (May - September)

**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)



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# SPORTING SUCCESSES 2023



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# SPORTING SUCCESS

## NETBALL

### 2023 SUCCESSES

Increased participation by 99%

Grade winners - Premiers, Year 10's and Year 9 Black

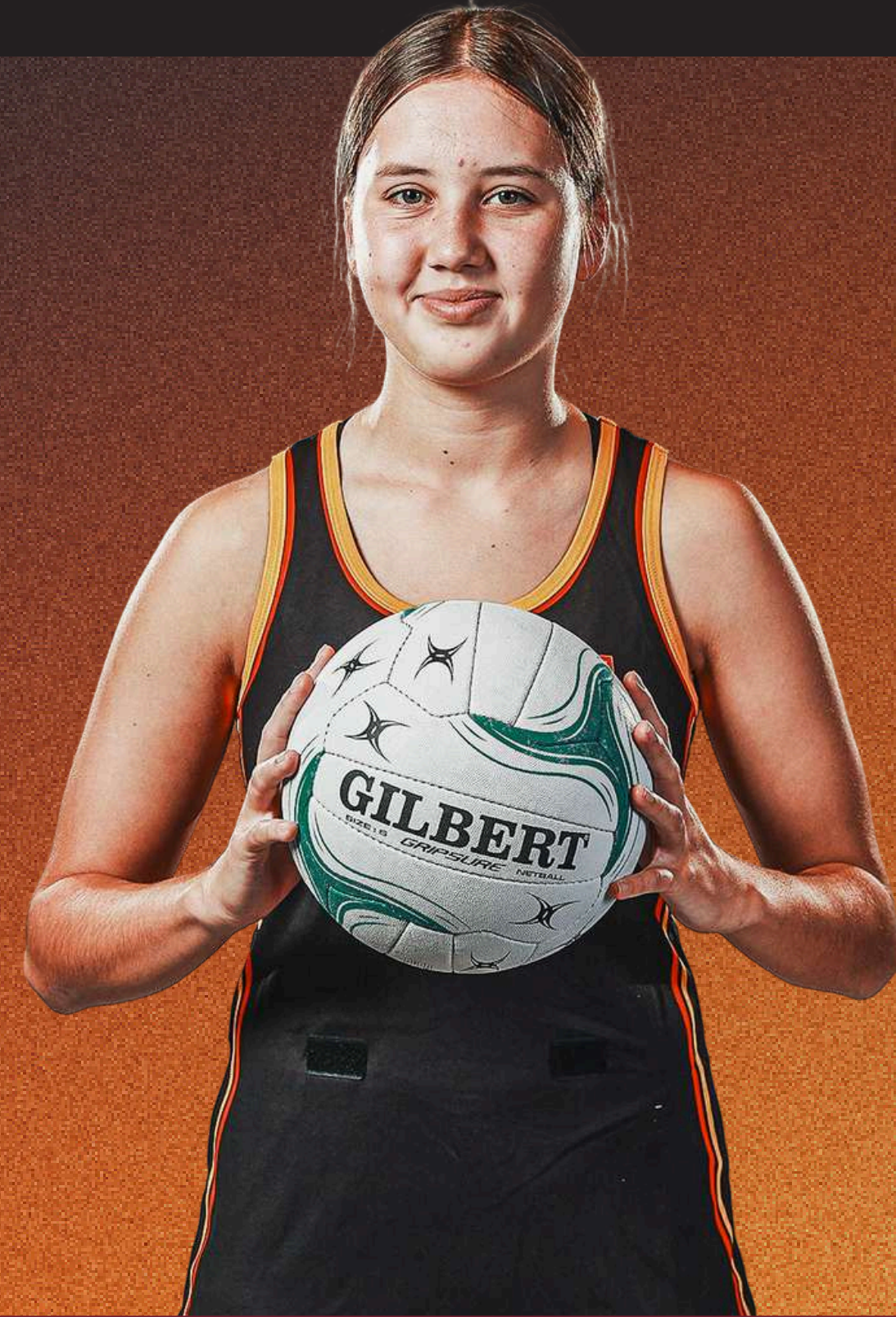
Runners up - Premier Development and Year 9 Red

7th place B grade UNISS

### 2024 SEASON

Juniors, Seniors, Premiers - March - August

UNISS - September 7-11



## RUGBY

### 2023 SUCCESSES

Increased participation by 54%

Grade winners - 1st XV Boys - Waikato SS 1st XV Champions

Grade winners - CMSS U15 Boys Champions

Grade winners - CMSS U14 Boys Champions

Runners up - Girls 10's

Northern Cup Winners - 1st XV Boys

Northern Cup - First XV Girls - 6th Place

### 2024 SEASON

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

Northern Region Cup - Winter Tournament Week







# SPORTING SUCCESS

## FOOTBALL

### 2023 SUCCESSES

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

Runners up - Junior Boys

Rex Dawkins Cup 1st XI Boys - 3rd Place

Kathy Seawood cup 1st XI Girls - 17th Place

### 2024 SEASON

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

Tournament week - 7 - 11 September



## BASKETBALL

### 2023 SUCCESSES

Bulls connections - Brody Perry, Noah Campbell and Payton Hughes

AA Premiership - Premier Boys - 7th Place

Northern Cup - Premier Girls - 9th Place

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

NZSS Nationals - Premier Boys - 11th in New Zealand

### 2024 SEASON

Juniors, seniors and Premier Girls and Boys -

February - August

Tournament week - 5- 12 September







# SPORTING SUCCESS

## ROWING

### 2023 SUCCESSES

Auckland Open Blues Interprovisional Squad - Sasha Robinson

Auckland Year 12 Blues Interprovisional Squad - Ashley Prior

### Rowing NISS:

- Girls u18 double sculls - S Robinson, M van Leeuwen  
A Final: placed 3rd (7:36.34)
- Boys u18 coxed quad sculls - J Siemelink, C Preston, A Schutte, A Sharp + D Nota  
A Final: placed 8th (7:09.91)
- Boys u16 double sculls - J Steenson, C Robinson  
A Final: placed 6th (7:43.71)
- Girls u18 coxed quad sculls - M van Leeuwen, E Hedley, S Robinson, A Pryor + D Nota  
A Final: placed 4th (7:53.42)
- Girls u17 double sculls - M van Leeuwen, A Pryor  
A Final: placed 5th (8:52.67)

### Maadi Cup:

- Girls u18 double sculls - S Robinson, M van Leeuwen  
A Final: placed 5th (7:44.83) In New Zealand
- Girls u18 coxed quad sculls - S Robinson, M van Leeuwen, E Hedley, A Pryor + D Nota  
A Final: placed 7th (7:20.57) In New Zealand
- Girls u17 double sculls - M van Leeuwen, A Pryor  
A Final: placed 7th (8:08.65) In New Zealand
- Boys u16 single sculls - C Robinson  
A Final: placed 8th (7:41.68) In New Zealand







# SPORTING SUCCESS

## HOCKEY

### 2023 SUCCESSES

Grade winners - CMHA Hockey Mixed 5s Champions

Rankin Cup - 1st XI Boys - 23rd in New Zealand

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

### 2024 SEASON

Boys & Girls 1st XI - March - August

Tournament week - 2nd-7th September







# **SCHOOL SPORT EVENT DATES 2024**

**SCHOOL ATHLETICS**  
**16TH FEBRUARY 2024**

**SCHOOL SWIMMING CHAMPS**  
**7TH MARCH 2024**

**SCHOOL TENNIS CHAMPS**  
**19TH MARCH 2024**

**SCHOOL CROSS COUNTRY**  
**9TH MAY 2024**

**MT ROSKILL GRAMMAR SPORTS EXCHANGE**  
**11TH APRIL 2024**

**PAPATOETOE HS SPORTS EXCHANGE**  
**28TH AUGUST 2024**

**TEAM SPORTS PHOTOS**  
**26TH AUGUST 2024**

**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 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 2023

MAJOR AWARD WINNERS

## 6A 1959 CUP

**BRODY PERRY** - SPORTSMAN OF THE YEAR

## C PRITCHARD CUP

**SASHA ROBINSON** - SPORTSWOMAN OF THE YEAR

## LIONS CLUB TROPHY

**SASHA ROBINSON** - MOST OUTSTANDING PERFORMANCE BY A GIRL

## WELANDER SHIELD

**BRODY PERRY** - MOST OUTSTANDING PERFORMANCE BY A BOY

## SPORTS DEPARTMENT TROPHY

**JAMIE REDDISH** - COACH OF THE YEAR

## NATIONAL BANK TROPHY

**PREMIER BOYS BASKETBALL** - TEAM OF THE YEAR





# SPORTS AWARDS 2023

MAJOR AWARD WINNERS

## KOTAHITANGA SHIELD

MOLLIE TOHAIA & VAUGHN CAMERON - ALL ROUND SPORTING ACHIEVEMENT BY A JUNIOR

## KEN HEMOPO SHIELD

NOAH CAMPBELL - COMMITMENT TO PREPARATION & PERFORMANCE

## MCQUOID TROPHY

BRODY PERRY - COMMITMENT TO PREPARATION & PERFORMANCE

## MALCOLM HOOD CUP

REUBEN VISSER - ENDEAVOR IN SPORT

## MCKINNON TROPHY

RILEY JENKINS - OFFICIAL OF THE YEAR

## MCMILLAN CUP

EQUESTRIAN TEAM - FAIR PLAY AWARD

## SPORTS PREFECTS TROPHY

WILLOW PHILLIPS





# COACHES & MANAGERS

RECRUITMENT

WE ARE ON THE SEARCH FOR COACHES, MANAGERS, TRAINERS,  
SPONSORS AND VOLUNTEERS ACROSS A RANGE OF SPORTING CODES  
FOR 2024!

JOIN OUR PASSIONATE AND GROWING SPORTING COMMUNITY  
IN 2024.

SECURE YOUR INTEREST NOW

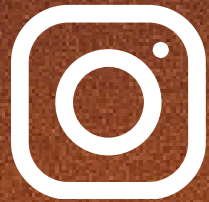




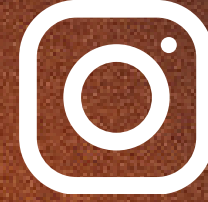


# FOLLOW US IN 2024

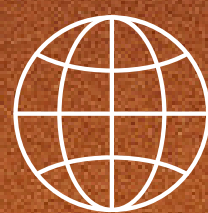
KEY CONTACT DETAILS



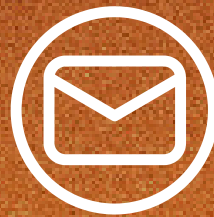
**PUKEKOHEHIGH.SPORT**



**@PHS.RUGBY**



**PUKEKOHEHIGH.SCHOOL.NZ**



**SPORT@PUKEKOHEHIGH.SCHOOL.NZ**







# OUR PARTNERS

OFFICIAL APPAREL PARTNER



OFFICIAL MARKETING PARTNER

westondesign

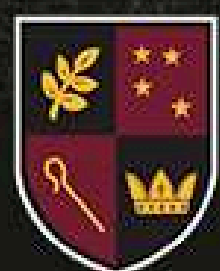




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