

PUKEKOHE HIGH SCHOOL



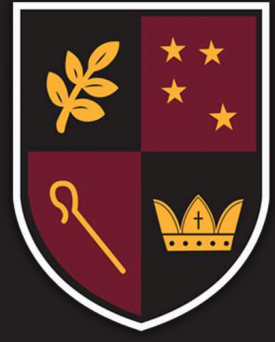
SPORTS INFORMATION HANDBOOK 2025



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 2024 we successfully competed in 32 sports code competitions and/or national tournaments. We sent 26 teams away to National/regional tournaments across summer (11) and winter tournament week (15) to proudly represent Pukekohe High School. We are constantly aiming to grow and build a strong sports programme that harnesses and allows our talented Rangatahi to compete and display their talents on a national or international stage.

We have an extremely passionate and enthusiastic Sports Department, school staff, Senior Leadership Team and Board of Trustees that support our programme. With the support from our wider community of coaches, managers and parents we put in the hard mahi in to ensure students achieve their sporting goals.

Gordon Paulsen
Director of Sport

MEET OUR SPORT STAFF FOR 2025



GORDON
PAULSEN

Director of Sport



SHEY
EVA

Sport Coordinator

SPORT COUNCIL 2025

HEAD OF COUNCIL

Miss Petra Batters

2025 SPORTS PREFECT

Rhen Pressnell

HAAKINAKINA | SPORT COUNCIL

Otis Barry

Katie Chamberlain

Kendra Eksteen

Becky Fear

Charley Fear

Casey Halliday

David Hughes

Zac Kelso

Katie Lane

Lucas Marshall

Zack Meads

Leana Miller

Grace Montgomery

Lexie Moody

Brooklyn Munns Ahu

Anna Spackman

Reuben Visser

Jemma Wright



OUR VISION 2025



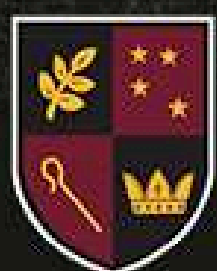
PUKEKOHE HIGH SCHOOL SPORT

'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 2025



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 2025



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.

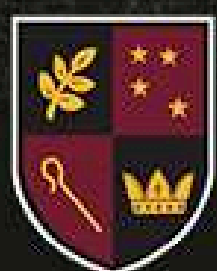
PUUMAUTANGA – PUUMAUTANGA IS ABOUT VALUING COMMITMENT, PERSEVERANCE AND RESILIENCE.

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

2025 SEASON

Teacher in Charge of Basketball - Mrs Esther Williams

Key student contacts

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 - \$TBC

Senior Girls - Franklin Schools League

When - Thursday evenings

Where - Franklin Pool & Leisure Centre

Season Fees - \$TBC

Senior Boys - Franklin Schools League / Premier Basketball Tournaments

When - Thursday evenings

Where - Franklin Pool & Leisure Centre

Season Fees - \$TBC

Tournament Week 2025

When - 25th - 29th Aug

Where - Pulman Arena, Takanini

Cost - \$TBC



PREMIER SPORTS

CLAY TARGET SHOOTING

2025 SEASON

Clay Target Shooting Captains
Emma Lane / Robert Fry

Host College/Club
Kings/Pukekohe/Waiuku College
Auckland Metropolitan Clay Target Club - TBC

Hauraki Plains College
Neil Carseldine Memorial Shoot
Thames Clay Target Club - TBC

Taupo Schools/Murray Luke Memorial Shoot
Taupo Gun Club - TBC

Matamata College
Matamata CTC - TBC

Hamilton Boys High School/ Waikato CTC - TBC

North Island Secondary School Champs
Waikato CTC - TBC

Rotorua Rod & Gun Club/ John Paul College - TBC

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

South Island & NZ Secondary School Championships - TBC



PREMIER SPORTS

CRICKET

2025 SEASON

Cricket Captain / Key Student Contact -
George Williams

Boys 8-a-side Cricket Season (Term 1 & 4)
Season Fees - TBC

Where - Various locations in Counties Manukau

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

Where - Bledisloe Park or Karaka Sports Complex



PREMIER SPORTS

FOOTBALL

2025 SEASON

Teacher in Charge of Football - Mr Gordon Paulsen

Boys Football / Key Student Contact - Reuben Visser & Rhen Pressnell

Girls Football / Key Student Contact - Greer Batters

Junior Boys Season (Term 2 & 3) - Counties Manukau Junior Season
Season Fees - \$TBC

Where - Various locations in Counties Manukau

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

Where - Various locations in Counties Manukau

2nd XI Football Girls Season (Term 2 & 3) - Counties Manukau Senior Season
Season Fees - \$TBC

Where - Various locations in Counties Manukau

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

Where - Various locations in Counties Manukau

Winter Tournament Week - 24th - 29th Aug 2025 (1st XI Boys & Girls Only)

Boys - Rex Dawkins Cup

Locations - Whangarei

Girls - Maurice Hulme Cup

Location - Napier



PREMIER SPORTS

HOCKEY

2025 SEASON

Teacher in Charge of Hockey - Whaea Jade Chambelain

Boys Hockey / Key Student Contact - George Williams

Girls Hockey / Key Student Contact - Whaea Jade

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

Season Fees - \$TBC

Where - Various locations in Auckland

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

Season Fees - \$TBC

Where - Various locations in Auckland

Winter Tournament Week - 24th - 29th Aug 2025

Boys - Rankin Cup

Location - Auckland

Girls - TBC

Location - TBC



PREMIER SPORTS

LACROSSE

2025 SEASON

Lacrosse Captain / Key Student Contact -
TBC

Lacrosse Girls Season (Term 2 & 3) - Auckland A Grade Season
Season Fees - \$TBC

Where - Various locations in Auckland

Winter Tournament Week - 24th - 29th Aug 2025
TBC



PREMIER SPORTS

NETBALL

2025 SEASON

Teacher in Charge of Netball - Miss Louise Purua

Key Student Contact -
Abby McCort

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

When - Wednesday Evenings

Where - Pulman Arena, Takanini

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

Season Fees - \$TBC

When - Wednesday Evenings

Where - Pulman Arena, Takanini

Junior Netball Season (Term 2 & 3) - Counties Manukau Season
Year 10 A & B, Year 9 A & B

Season Fees - \$TBC

When - Wednesday Evenings

Where - Pulman Arena, Takanini

Winter Tournament Week - 24th - 29th Aug 2025

Premier Netball - UNISS Tournament

Location - Auckland



PREMIER SPORTS

ROWING

2025/2026 SEASON

Teacher in Charge of Rowing - Mrs Lynda Sharpe

Rowing Captains / Key Student Contact -

Rowing - Jimmy Steenson, Elizabeth Sharp, Cohen Robinson, Xanthe Hedley

Learn to Row Programme - July 2025 (All new Rowers)

Rowing Season - October - March 2025/26

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.



STAS



PREMIER SPORTS

RUGBY

2025 SEASON

Teacher in Charge of Rugby - Mr Shey Eva

Rugby Student Contact -

1st XV Boys - TBC

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 - \$TBC

When - Saturday Mornings

Where - Various venues in Counties Manukau region

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

Season Fees - \$TBC

When - Friday Evenings

Where - Various venues in Counties Manukau region



ADDITIONAL SPORTS

For any additional information, please contact the Sport Department
sport@pukekohehigh.school.nz

Athletics - School Athletics - CMSS Athletics - AKSS Athletics
(February/March)

Badminton - Counties Manukau Grade Season (May - August)

Climbing - Practices held weekly

Cross Country - School X Country, AKSS X Country (May)

Equestrian - NZSS Tournament week (September)

Golf - Premier Teams (February - March)

Gym Sports - Artistic, Rhythmic, Tumbling & Trampoline (June)

Lawn Bowls - Auckland Cup Secondary School Paris (March)

Motorcross - Term 2 & 3

Mountain Biking - Term 2 & 3



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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)

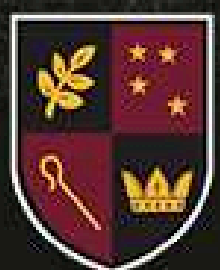
Table Tennis - Auckland Term 3 And 4 league (May - September)

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 2024



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SPORTING SUCCESS

NETBALL

2024 SUCCESSES

Grade winners - Senior Black, Senior Red, Year 10 A
Premier Netball B grade UNISS Winners

2025 SEASON

Juniors, Seniors, Premiers - May - August
UNISS Premier Netball - August 24th-29th 2025



RUGBY

2024 SUCCESSES

Grade winners - 1st XV Boys - CMSS 1st XV Champions
Grade winners - CMSS U15 Boys Champions
Grade winners - CMSS U14 Boys Champions
Runners up - CMSS Girls 12's

2025 SEASON

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





SPORTING SUCCESS

FOOTBALL

2024 SUCCESSES

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

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

Maurice Hulme Cup 1st XI Boys - 7th Place

Kathy Seawood cup 1st XI Girls - th Place

2025 SEASON

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

Winter Tournament week - 24th-29th August



BASKETBALL

2024 SUCCESSES

Bulls connections - Nathaniel Short, Harry Kelso, Zeek Otunuku

AA Premiership - Premier Boys - 4th Place

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

NZSS Nationals - Premier Boys - 14th in New Zealand

2025 SEASON

Juniors, seniors and Premier Girls and Boys -

February - August

Winter Tournament week - 24th- 29th August





SPORTING SUCCESS

ROWING

2024 SUCCESSES

Rowing NISS:

- Boys u17 single sculls - Cohen Robinson: placed 8th
- Boys u17 single sculls - J Steenson: placed 8th B Final
- Boys u17 double sculls - J Steenson, C Robinson
A Final: placed 2nd
- Girls u16 coxed quad sculls - A Moody, L Moody, K Chamberlain, J Mills, G Montgomery, C McRobbie
B Final: placed 4th
- Girls u18 single sculls - A Pryor
A Final: placed 8th
 - Boys U18 double sculls - J Steenson, C Robinson
A Final: placed 2nd
 - Girls U17 doubles sculls - X Hedley, E Sharpe
B Final: placed 7th
 - Girls U16 double sculls - A Moody, K Chamberlain
B Final: placed 4th

Maadi Cup:

- Boys u17 single sculls - C Robinson
B Final: placed 3rd
 - Boys u17 double sculls - C Robinson, J Steenson
A Final: placed 5th In New Zealand
 - Boys u18 double sculls - C Robinson, J Steenson
A Final: placed 5th In New Zealand





SPORTING SUCCESS

HOCKEY

2024 SUCCESSES

Mayhill Cup - 1st XI Boys -

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

2025 SEASON

Boys & Girls 1st XI - March - August

Tournament week - 24th - 29th August





SCHOOL SPORT EVENT DATES 2025

SCHOOL ATHLETICS
14TH FEBRUARY 2025

SCHOOL TENNIS CHAMPS
27TH FEBRUARY 2025

SCHOOL SWIMMING CHAMPS
6TH MARCH 2025

MT ROSKILL GRAMMAR SPORTS EXCHANGE
30TH APRIL 2025

PAPATOETOE HS SPORTS EXCHANGE
DATE TBC

TEAM SPORTS PHOTOS
15TH AUGUST 2025

ANNUAL SPORTS AWARDS EVENING
9TH OCTOBER 2025



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 2024

MAJOR AWARD WINNERS

6A 1959 CUP

NATHANIEL SHORT - SPORTSMAN OF THE YEAR

C PRITCHARD CUP

JESSICA NEPIA - SPORTSWOMAN OF THE YEAR

LIONS CLUB TROPHY

VAHN WAITAI - MOST OUTSTANDING PERFORMANCE BY A GIRL

WELANDER SHIELD

JIMMY STEENSON / COHEN ROBINSON - MOST OUTSTANDING PERFORMANCE BY A BOY

SPORTS DEPARTMENT TROPHY

TAME MARK / JODY MCCORT - COACH OF THE YEAR

NATIONAL BANK TROPHY

PREMIER BOYS BASKETBALL / PREMIER NETBALL - TEAM OF THE YEAR



SPORTS AWARDS 2024

MAJOR AWARD WINNERS

KOTAHITANGA SHIELD

MOLLIE TOHAIA & VINNY GIBSON - ALL ROUND SPORTING ACHIEVEMENT BY A JUNIOR

KEN HEMOPO SHIELD

GEORGE WILLIAMS / MADISON STUART - COMMITMENT TO PREPARATION &
PERFORMANCE

MCQUOID TROPHY

ALEXANDER SHARPE - COMMITMENT TO PREPARATION & PERFORMANCE

MALCOLM HOOD CUP

ANNA SPACKMAN - ENDEAVOR IN SPORT

MCKINNON TROPHY

DION SHARPE - OFFICIAL OF THE YEAR

MCMILLAN CUP

GREER BATTERS - FAIR PLAY AWARD

SPORTS PREFECTS TROPHY

RHEN PRESSNELL



COACHES & MANAGERS

RECRUITMENT

WE ARE ON THE SEARCH FOR COACHES, MANAGERS, TRAINERS,
SPONSORS AND VOLUNTEERS ACROSS A RANGE OF SPORTING CODES
FOR 2025!

JOIN OUR PASSIONATE AND GROWING SPORTING COMMUNITY
IN 2025.

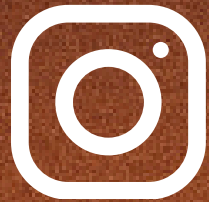
SECURE YOUR INTEREST NOW



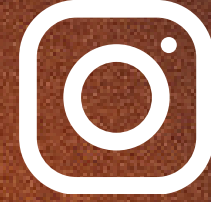


FOLLOW US IN 2025

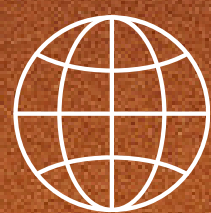
KEY CONTACT DETAILS



PUKEKOHEHIGH.SPORT



@PHS.RUGBY



PUKEKOHEHIGH.SCHOOL.NZ



SPORT@PUKEKOHEHIGH.SCHOOL.NZ





OUR PARTNERS

OFFICIAL APPAREL PARTNER



OFFICIAL MARKETING PARTNER

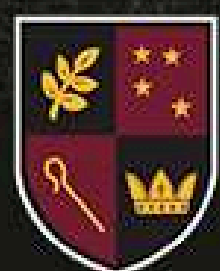
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'LEARNING WITHOUT LIMITS THROUGH SPORT'

NOTES:

'BETTER PEOPLE, MAKE BETTER ATHLETES'



PRINCIPAL PARTNER

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'LEARNING WITHOUT LIMITS THROUGH SPORT'



'BETTER PEOPLE, MAKE BETTER ATHLETES'



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