



Westlake Girls High School



Sport

Westlake Girls High School Sport

Westlake Girls is one of New Zealand's leading sporting schools, with a strong commitment to sporting excellence. All our students are encouraged to participate in a school sport during their time at Westlake. We have over 30 sports ranging from Athletics to Windsurfing with opportunities both for the committed athlete to develop their potential, and for others to play at social or beginner level.

Engagement in sport enables students to experience the health benefits that sport offers while building a strong team and school spirit which involves staff, students and the extended Westlake community. In addition to providing opportunities to develop personal and leadership skills, sport also fosters social interaction and a sense of fair play.

The success of sport at Westlake Girls relies on volunteers working away in the background to promote individuals and teams. Each sport has a school coordinator who is supported by staff, parents, caregivers and senior students for coaches and managers. Sport at Westlake Girls is based on a user-pays system. The Sports Department located in P9 provides information on all sporting activities and is open during school hours.

For further information please visit our website or contact sport@westlakegirls.school.nz.



Vision

To provide sporting opportunities for all Westlake Girls students at a level that will allow them to achieve success and personal growth through sport.

We will achieve this vision by

- Providing opportunities for students to be involved in a broad range of sports at their chosen level (from social to high performance)
- Encouraging students to be “better than before”
- Ensuring there are high performance pathways in place for those wanting to excel
- Ensuring students have fun in sport
- Encouraging staff to be involved in sport, so they can interact with students beyond the classroom
- Empowering students, volunteers and coaching staff to make a positive contribution to Westlake Sport

Values

- Participation and enjoyment
- Resilience
- Respect for coaches and officials
- Loyalty – to self, team and school
- Enthusiasm and commitment
- Fair play and honesty
- Good work ethic

Sporting Facilities

- International Hockey Turf
- Two FIFA Level 2 artificial football fields
- One cricket oval
- Two cricket nets
- Three outdoor tennis/netball courts
- Six covered tennis courts
- Four covered netball courts
- Two gymnasiums
- One dance studio
- Outdoor pool



School Apps^{NZ}
snApp mobile



schoolappsnz.co.nz

Go to the App Store on your Apple or Android Device and Search Westlake Girls High to download the App to your phone or tablet.

Summer Sports

- Athletics
- Basketball 3x3
- Beach Volleyball
- Cricket
- Equestrian
- Golf
- Marching
- Orienteering
- Rowing
- Rugby Sevens
- Sailing
- Swimming
- Tennis
- Touch
- Triathlon
- Volleyball
- Water Polo
- Windsurfing

Winter Sports

- Badminton
- Basketball
- Cheerleading
- Cycling
- Distance Running
- Duathlon
- Football
- Gymsports
- Hockey
- Lacrosse
- Netball
- Snow Sports
- Squash
- Table Tennis
- Water Polo

Please Note

Sports in this booklet may be subject to change. In order to provide the best service possible to students we are limited to the number of sports we can cater for. The sports listed in this booklet are currently the only sports we offer.



Athletics

Athletics commences with the School Athletics Day which is a compulsory event for the whole school. To compete for the school at the North Harbour Zones and Auckland Championships students must place at the School Athletics or be selected for those events. Students can compete in numerous track and field events.

Events

School Athletics Day held at Onewa Domain, February
Northern Zones (one day), March
North Harbour Championships (one day, selected), March
North Island Championships (two days, selected), April
New Zealand Championships (two days), December

Badminton

Westlake Girls has a proud tradition in the sport of badminton with a high number of students competing for the school. Both seniors and juniors play as teams in the North Harbour competitions with seniors playing during Term 2 and juniors in Term 3.

Events

North Harbour, Term 2 (Senior) and Term 3 (Junior)
Auckland SS Individual & Doubles, August
New Zealand SS Championships, September

Basketball

Basketball is played in Term 2 and continues through to Term 3. Students have the opportunity to play in teams that include Premier, Open, U19, U17 and U15's. Trials are held in Term 1.

Events

Auckland Premier Competition
North Harbour Competitions, Terms 2 & 3
Greater Auckland Championships, August/September (must qualify)
BBNZ Zone 1 Championships (Premier team)
New Zealand Championships (Premier team)

Cheerleading

Cheerleading is a great high intensity sport for students of all ages and skill levels. Cheerleading at Westlake Girls is run through the All Star Cheerleaders Legacy Gym situated at 2/62 Diana Drive, Wairau Valley. All Star Cheerleaders provide trained and professional coaches that teach real American style cheerleading.

Cricket

Westlake Girls provides the opportunity for students to play cricket in the 1st XI and junior teams. Both teams compete during the week with games after school.

Events

Auckland & North Harbour Competitions, Terms 1 & 4
NZ Qualifying Tournament, March
New Zealand Nationals, December

Cycling

Cycling is a popular sport at Westlake with many students taking the sport up for the first time. There are numerous events for students that include riding as a team or competing as an individual.

Events

Auckland Teams Time Trial Competition, Terms 2 & 3
North Island Championships (two days), July
NZSS Individual Championships, September
NZSS Team Trials, September

Distance Running

Distance running includes numerous one day events that include cross country and road races. Students compete in their respective age groups (junior, intermediate and senior) and run both as individuals and as teams.

Cross Country Events

North Harbour Zone Day, May
Auckland Championships, May
NZ Championships, June

Road Racing Events

Auckland Championships, August
NZ SS Championships, December

Adventure Racing Events

May be run in conjunction with WBHS



Equestrian

Equestrian is a specialist sport with competitors requiring their own horses. Westlake has many students that compete regularly for the school. Events are advertised to students as they approach throughout the year.

Football

Football is played in Term 2 and Term 3. Students have the opportunity to play in teams that include premier, junior premier, senior and junior teams. Trials are held in Term 1.

Events

Senior and Junior Competition, Terms 2 & 3
Auckland Provincial Championship (APC), Terms 2 & 3 (Premier)
NZSS Championships, September

Golf

Golf can be played individually or as part of a team (dependent on interest)

Possible Events

North Harbour Teams Championships, May (one day)
Auckland Team Championships, May (one day)
Auckland SS Stroke Play, May (one day)
NZSS September (one day)

Gymsports

Gymsports events are held during Terms 2 and 3. This sport is aimed at individuals who already have a prior knowledge of the sport.

Events

Artistic, Rhythmic, Tumbling & Trampoline Champs, June
NZSS Gymsports Champs, July



Hockey

Westlake has several senior and junior hockey teams that compete in North Harbour competitions. Top teams will also compete in the Auckland Intercity competition if they qualify. All trainings are held at the Westlake Girls hockey turf. Games are played on Thursdays and Fridays from 4pm onwards at Westlake Girls, North Harbour Hockey and various other venues.

Events

North Harbour Competition, Terms 2 & 3

Auckland Intercity Competition, Terms 2 & 3

NZSS Nationals for 1st and 2nd XI teams, (5 day tournaments), September

Lacrosse

Lacrosse is played in a weekly competition in Term 2. Games are played at home (Westlake Girls) and at other schools within the Auckland region.

Events

Auckland SS Champs, August

NZSS Lacrosse Champs, August

Marching

Training for the school Marching team commences in Term 2 with competitions held from October through to March.

Netball

Netball is the largest sport at Westlake with a proud history in the North Harbour competition. The school has two premier netball teams, one competing in the Auckland competition and one in the North Harbour competition. Westlake consistently has over four hundred students playing netball, ranging from competitive to social level. Year 10-13 students play on Saturday mornings, while Year 9 teams play on Tuesday afternoons at Netball North Harbour. All netball is played during Terms 2 and 3 with trials held in Term 1.

Events

Auckland Pre-season Tournament, April

NNH Pre-season Tournament, April

NNH and Auckland Competition, Terms 2 & 3

NNH Secondary Schools Tournament, May

Auckland Secondary Schools Combined Points Tournament, August

Upper North Island Secondary Schools (UNISS) Tournament, September

New Zealand Secondary Schools (NZSS) Tournament, October (must qualify)

Orienteering

Orienteering is conducted during Term 1 with a competition held across various schools on the North Shore.

Events

Sprint Finals, March/April
Individual Championships, May
NZSS Rogaine, April
NZSS Championships, July

Rowing

The competitive season for rowing begins in October and finishes in March of the following year. Novices (new rowers) have the opportunity to participate in the 'learn to row' programme in Term 2, where students learn the basics of the rowing stroke. On completion of this programme students are able to apply for selection to the rowing squad.

Events

Rowing Regattas, October-February
Head of Harbour Regatta, February
North Island Championships, March
NZSS Championships, March

Rugby Sevens

Rugby sevens is a variant of rugby union in which teams are made up of seven players playing seven minute halves. A weekly competition is held during Term 4.

Events

North Harbour Sevens Tournament, September/October
NISS Sevens, March/April

Sailing

Sailing takes place during Terms 1, 3 and 4 with practices held at Milford Sailing Club where Westlake's boats are kept.

Events

Auckland SS Fleet Racing, March
Auckland SS Teams Racing, April
NZSS Teams Racing, April

Snow Sports

Snow sports events are held for students able to race at a competitive level. Events include both slalom and freestyle skiing and snowboarding.

Events

Ski and Snowboard Champs (Snowplanet), June
NISS Skiing Champs (Turoa Ski Field), September
NISS Snowboarding Champs (Turoa Ski Field), September

Squash

Squash is played during Terms 2 & 3 with teams competing at various Auckland locations. Trainings are held at North Shore Squash Club.

Events

Premier Girls, Terms 2 & 3
Senior B & C Girls, Junior Girls, Terms 2 & 3
Auckland SS Team Champs, June
NZSS Championships, August

Swimming

Swimming commences with the School Swimming Sports Day in February. To compete for the school at the North Harbour Zones and Auckland Championships students must place at the school swimming sports or be selected. Students can compete in several events.

Events

Swimming Sports Day, February
North Harbour Zones, February
NZ Age Group Championships, March
Auckland SS Championships, March
NISS Championships, May

Table Tennis

Table Tennis is played throughout Terms 2 and 3 on a Friday evening.

Events

Term 2 League (Grading & Competition)
Term 3 League
Auckland SS Teams Tournament, August
Auckland SS Individuals Tournament
NZSS Championships, September

Tennis

Tennis at Westlake Girls is available in three tiers of ability: Competitive, Development/Intermediate and Beginners/Taster Level. Playing options include Saturday mornings and Monday afternoons. For the more competitive there are singles and doubles tournaments during Term 1. Coaching is provided by Tennis Northern in the covered courts.

Events

Auckland Competition, Terms 1 & 4 on Saturdays
North Harbour Competition, Terms 1 & 4 on Mondays
Auckland SS Champion of Champions, March
NZSS Girls Qualifying Tournament, March
NZSS Teams Finals, April

Touch

Touch is played in a weekly competition with seniors in Term 1 and juniors in Term 4.

Events

NZSS Regional Playoffs (Auckland), March
SS Junior Championships, December
NZSS Championships, December

Triathlon

The sport of triathlon (run, cycle and swim) can include both individual and team events.

Events

Aquathon, February; Triathlon, March; Team Tag Tri, April; Duathlon, May
NZSS Triathlon Champs, March
NZSS Duathlon Champs, August
NZSS Multisport Champs, October



Volleyball

Volleyball is a very popular summer sport played at both premier and social levels. Teams compete in a weekly competition with seniors in Term 1 and juniors in Term 4. Premier teams will also play in an Auckland wide Premier competition on a Saturday morning (if they qualify).

Events

Auckland SS Senior Champs, March
Auckland SS Junior Champs, November
NZSS Beach Volleyball, February
NZSS Champs, April
NISS Junior Champs, December

Water Polo

Water Polo is played in Term 1 for seniors and can be played all year round by the juniors.

Events

Premiers Term 1, Senior B Terms 1 & 2, Juniors Terms 1- 4
NISS Senior Championships, March
NZSS Senior Championships (Wellington), April
NISS Junior Championships, November

Windsurfing

Windsurfing lessons (in collaboration with Mad Loop Wind Surfing School) are held on Lake Pupuke in Terms 1 and 3 on a Tuesday afternoon from 4-5pm. All levels of ability are catered for, from beginners to skilled sailors. All equipment (windsurfers and wetsuits) is provided.

Social Sports

Internal 'stay and play' competitions are organised during Term 2 and Term 3 for those students interested in playing sport in a more social environment. Competitions are normally run for approximately five weeks and students are welcome to make up their own teams. All competitions are played after school on school grounds and no uniforms are required. Students are asked to pay a small fee to cover the cost of equipment, referees, prizes etc. The sports chosen for a competition may change, but examples of past 'stay and play' competitions include football, netball, lacrosse, badminton. Entries for competitions are advertised on the school daily notices, at the Sports Department and through the Westlake Girls App.

Codes of Behaviour

Player

1. Play for enjoyment
2. Play hard but fair
3. Play to the laws of the game
4. Be committed to your team – attend all practices and matches
5. Never argue with officials and control your temper at all times
6. Work equally hard for yourself and your team
7. Be a good sport – applaud all good play whether by your team or your opponent
8. Remember the goals of the game are to have fun, improve your skills and feel good
9. Use appropriate and acceptable language
10. Thank the opposition and officials at the end of the game
11. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion

Coach

1. Positively reinforce the actions of players
2. Lead by example
3. Be honest with yourself and your players
4. Create an enjoyable environment in which to play the game
5. Develop team respect for officials
6. Give all players the opportunity to participate in the game
7. Insist on fair play and discipline
8. Be reasonable about the demand on players' time, energy and enthusiasm
9. Encourage sportsmanship
10. Use appropriate and acceptable language

Spectator/Caregiver

1. Applaud the performance of both teams
2. Be positive with the officials
3. Acknowledge the efforts of the officials
4. Let the players play their game, not your game
5. Praise efforts and results
6. Set an example for the players
7. Use appropriate and acceptable language

Supporters

1. Encourage all participants to play within the rules of the game
2. Display self-control on the sideline
3. Show appreciation to coaches and officials who facilitate the game
4. Remember young people play sport for their satisfaction not yours

Officials

1. Control the game in a fair and positive manner
2. Be consistent and objective in your rulings
3. Help players learn the rules by explaining decisions where appropriate
4. Encourage fair play and do not tolerate foul play of any kind
5. Be a positive role model

CYGNET Sports Programme

Year 9 and 10 students can apply to join the CYGNET (Challenging Youth to Grow through Nurturing Emerging Talent) Sports Programme.

An innovative collaboration between Sport, Physical Education and Health CYGNET is an innovative, cross-curricular programme aimed at developing sporting skills. Timetabled as a curriculum subject, CYGNET participants attend three periods in a six day timetable, growing confidence both interpersonally and in their sport of choice. Sports codes included in CYGNET are: Football, Hockey, Netball, Rowing and Tennis.

Sports Science theory covers basic anatomy and biomechanics, sports injury prevention, principles of training, nutrition, goal setting and sport psychology, along with core Health. Code sessions for CYGNET sports are run by specialist coaches.

For further information on the CYGNET Programme please visit the school website.





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