

AEROBICS

Aerobics will be offered 1 or 2 lunchtimes a week in the gym. The sessions will be taken by a professional Aerobics Instructor and is open to all students.

TRAININGS	Personal training for those entering competitions
COMPETITION	College Sport Wellington Secondary Schools Aerobics Champs St. Patrick's College – Town. 7 th – 8 th August 2010
UNIFORM	Full PE gear for all lunchtime training
REGISTRATION FEE	\$40.00

ATHLETICS

The whole school is involved in the school Athletics Day which will be held this year at the Petone Recreation Grounds on Tuesday 23rd February 2010.

Please Note: Further Information regarding our school event will be circulated at the beginning of the 2010 year.

The school Athletics team will be selected from these results. Members of the team will participate in the Girls Zone Athletics Champs on Wednesday 3rd March 2010 at Newtown Park.

Top athletes will then participate in the Regional Championships on Wednesday 9th March 2010 from which a Wellington team will be selected to compete in the North Island Champs to be held in Wellington on the 20th – 21st March 2010.

TRAININGS	Personal programme's Available.
UNIFORM	SHC Athletics Singlets will be provided when the girls compete in the Girls Zone & Regional Athletics Meets.
COST	Entry fees, travel and accommodation for away events
COMPETITIONS	SHC Full School Athletics – Tuesday 23 rd February 2010 –Petone Rec Girls Zone Athletics Champs – Wednesday 3 rd March 2010 –Newtown Park CSW Regional Athletics Champs – Wednesday 9 th March 2010 Newtown Park

BADMINTON

TRAININGS	Lunchtime session in gym or can arrange your own team trainings
COMPETITIONS	Thursday's – Junior's 3.30 – 5.00pm & Friday – Senior's 3.30 – 5.00pm 30 th June 2010 - CSW Senior Individual Champs 28 th July 2010 - CSW Junior Individual Champs (Both at Badminton Hall – Hataitai)
VENUE	Various venues in the Hutt Valley and Wellington Region
SEASON	Terms 2 & 3
TRANSPORT	Students need to make own transport arrangements
UNIFORM	Black shorts / SHC PE shirt, sports shoes Students are expected to provide their own Badminton Racket's or hire one from the PE Department.
REGISTRATION FEE	\$35.00

BASKETBALL

TRAININGS	TBC once coaches have been appointed
COMPETITIONS	Seniors – CSW Senior Competition - Friday evenings Juniors – CSW Junior Competition - Tuesday evenings
VENUE	Various gymnasiums in the Hutt Valley and Wellington
SEASON	Terms 2 & 3
TRANSPORT	Students to arrange own transport to away games.
UNIFORM	Seniors uniforms provided Juniors black PE shorts & Red Singlets (Provided)
REGISTRATION FEE	\$80.00

BOWLS

COMPETITION	CSW Championships – 11 th March 2010 – Naenae Bowling Club CSW Junior Championships – 11 th November 2010
VENUE	Various Bowls Clubs in the Hutt Valley and Wellington Region
SEASON	Terms 1 & 4 – Currently played on a Monday – 4pm
TRANSPORT	Students to make own arrangements unless competing at a CSW 1 day Championships.
UNIFORM	PE Shirt, Black PE shorts or Black Tracksuit Pants
REGISTRATION FEE	\$30.00

CRICKET

TRAININGS	TBC once Coaches have been appointed
COMPETITION	Wellington and Hutt Valley Secondary Schools Competition
VENUE	Various grounds in the Hutt Valley and Wellington
SEASON	Terms 1 & 4 played on Thursday's at 4pm
TRANSPORT	Students to make own arrangements
UNIFORM	PE Shirt, white cricket pants, sports shoes
REGISTRATION FEE	\$30.00

CROSS COUNTRY AND ROAD RACING

Longer distance athletes are encouraged to participate in the Cross Country Competition and Road Racing events.

TRAININGS	Personal training programme A lunchtime running group will be organised.
COMPETITIONS	The Cross Country and Road Race programmes include races for individuals and teams at local events
UNIFORMS	PE uniform, SHC athletic singlet
PROGRAMME	12 th May 2010 - CSW Cross Country Relays - Karori 26 th May 2010 - CSW Cross Country Champs - Waikanae 11 th August 2010 - CSW Road Race Champs - CIT Trentham 25 th August 2010 - CSW Road Race Relays - Trentham
COST	Transport and entry fee costs

FOOTBALL

TRAININGS	1 st XI – x2 per Week, 2 nd /3 rd XI x1 per week – All depending on Coaches Availability – Days TBC
COMPETITIONS	CSW Regional Competition - Wednesday 4.00 – 5.30pm 1 st XI Team Only – Winter Tournament Week: 30 th August-3 rd September 2010 – Palmerston North
VENUE	Various grounds in the Hutt Valley and Wellington Region
SEASON	Terms 2 & 3
TRANSPORT	Students to arrange own transport
UNIFORM	1 st XI – Shirts Provided, Black PE Shorts & Red Sock 2 nd /3 rd XI & Choice Teams – PE Shirt, Black PE Shorts & Red Socks
REGISTRATION FEE	\$40.00

GOLF

TRAININGS	Personal training programmes within the Club structure
COMPETITIONS	CSW Open & Teams Championships – 26 th February 2010 – Royal Wellington CSW Philips Cup Final – 23 rd April 2010 – Shandon CSW Junior Championships – 18 th November 2010 - Trentham
VENUE	Various Golf Courses in the Hutt Valley and Wellington Region
SEASON	Terms 1 & 4
TRANSPORT	Students are responsible for providing own transport unless competing in the CSW 1 day tournaments
UNIFORM	Black dress shorts/trousers & PE Shirts
REGISTRATION FEE	\$30.00

HOCKEY

TRAININGS	Fraser Park Turf – Days & Times TBC
COMPETITIONS	1 st XI – Friday evenings 2 nd & 3 rd XI Tuesday evenings Te Toa (1 st XI only) – Napier – Dates to TBC National Tournament – Venue TBC – Winter Tournament Week: 30 th August – 4 th September 2010
VENUE	Fraser Park & National Hockey Stadium
SEASON	Terms 2 & 3
TRANSPORT	Students are responsible for providing own transport
UNIFORM	1 st XI – Dress provided, Red socks 2 nd & 3 rd XI – PE shirt/ red skirts Purchased from uniform shop, Sports Shoes
ALL REQUIRE	Red socks / shin pads / mouth guards / hockey sticks.
REGISTRATION FEE	\$125.00 to cover turf hire (1 st X1 extra required for tournament entry)

NETBALL

TRAININGS	1 per week – may be before school, lunch hour or after school, depending on court availability and coach's preference.
COMPETITIONS	Teams will play on courts around the Hutt Valley region. Senior A – Monday evening at St Oran's College All other teams – Saturdays - Hutt Valley Secondary School Netball Competition. CSW Premier Tournament (Senior A) – 20 th May 2010 - Taita Courts. CSW Junior A Tournament (Year 10A) – 12 th August 2010 - Taita Courts Mission Cup – (Senior A Team ONLY) – 4 th – 6 th June 2010 – St Joseph's Maori Girls College - Napier Western Development Tournament Yr 9A/Yr10A Teams ONLY – Venue & Dates TBC
SEASON	Terms 2 & 3
UNIFORM	Senior A & B – Dresses Provided SHC PE shirt, white socks, (NO BIKE PANTS) red skirt available from uniform shop
TEAM BIBS & BALLS	To be issued by the college
TRIALS	Will be held at the beginning of March. Details will be posted on school website and on daily notices in Mid February. All year 9 players will be trialled and placed into teams. Year 10 and above may organise Social teams of min 10 players. These teams must be registered by date to be advised.
REGISTRATION FEE	\$65.00

RUGBY

TRAININGS	1/2 per week – TBC once Coaches have been appointed
COMPETITION	CSW Premier Girls Competition – Thursday's 4.00pm
VENUES	Various grounds in the Hutt Valley and Wellington Region
SEASON	Terms 2 & 3
UNIFORM	Rugby jerseys will be provided. Students will need to purchase red socks, black rugby Shorts and a mouth guard.
REGISTRATION FEE	\$40.00

SOFTBALL

TRAININGS	1/2 per week – TBC depending on Coaches availability
COMPETITION	CSW Hutt Zone Qualifying – 17 th February 2010 - Fraser Park. NZ Secondary Schools Division 1 Championships - 22 nd -26 th March 2010 Hastings North Island Junior Championships – 29 th November – 2 nd December 2010 Wanganui
UNIFORM	School PE shirt, Black shorts Black socks Sports Shoes. Players must have own glove.
TRANSPORT	Students to arrange own transport.
REGISTRATION FEE	\$40.00

SWIMMING

The Junior school along with the Year 13's are involved in the school swimming sports held at Huia Pool – Wednesday 31st March 2010.
From this event the school relay teams are selected.

COMPETITIONS	School swimming champs at Huia – Wednesday 31 st March 2010 CSW Girls Zone Relays at Karori Pool – Thursday 6 th May 2010 CSW Relay Finals at Huia Pool – Wednesday 26 th May 2010 North Island Secondary School Champs - Palmerston North – 15 th - 16 th May 2010
TRAININGS	Most top swimmers belong to clubs and have personal programs

TENNIS

COMPETITION	CSW & Hutt Valley Secondary Schoolgirls Competition CSW Senior Individual Championships – Renouf Centre – 4 th March 2010 CSW Junior Individual Championships - Renouf Centre - 3 rd November 2010
VENUE	Various Colleges in the Hutt area, games start 4pm
SEASON	Term 1 & Term 4 (Juniors) Tuesday's Term 1 and Term 4 (Seniors) Thursday's
TRANSPORT	Students to make own transport arrangements unless competing in the 1 day competitions
UNIFORM	PE shirt, Black shorts or tennis skirt (Black), White Socks, Sport shoes
REGISTRATION FEE	\$40.00

TOUCH RUGBY

COMPETITION	Hutt Valley Secondary Schoolgirls Competition CSW Qualifying Tournament – Fraser Park – 24 th February 2010 Central Region – Palmerston North – 27 th March 2010 CSW Junior Tournament – Fraser Park – 10 th November 2010
VENUE	Fraser Park - Games start 4pm
SEASON	Term 1 & Term 4 (Juniors ONLY in Term 4)
UNIFORM	School PE shirt, Black shorts White Socks, Sport shoes
TRANSPORT	Students to make own arrangements
REGISTRATION FEE	\$30.00

TRIATHLON

TRAININGS	Personal training programs
COMPETITION	CSW Triathlon Championships – 25 th February 2010 – Scorching Bay
EQUIPMENT	You need to supply your own bike, and swim cap
UNIFORM	You will be provided with an Athletics Singlet
COST	Transport and entry fee costs

UNDERWATER HOCKEY

COMPETITIONS	Wellington Secondary Schools League – Tuesday & Friday evenings Central Zone Tournament – 11 ^h – 13 th June 2010 – WRAC NZ Secondary Schools National Tournament – 2 nd – 5 th September 2010 Tauranga
PLAYING VENUE	Huia Pool, Wellington Regional Aquatic Centre
UNIFORM	SHC Swimming togs
SEASON	Terms 2 & 3
TRANSPORT	Students are expected to find their own transport to and from the venue. .
REGISTRATION FEE	\$85.00

VOLLEYBALL

TRAININGS	Tuesday's & Thursday's – 4.30/5.00pm – 6/7pm
COMPETITIONS	Friday between 4 – 7pm (Seniors) Wednesday between 4pm-6pm (Juniors) CSW Senior Tournament – 12 th – 13 th March 2010 - Te Rauparaha, Porirua CSW Junior Tournament – 29 th – 30 th October 2010 -Te Rauparaha, Porirua
VENUE	Various colleges around the Hutt Valley & Wellington region
UNIFORM	School PE shirt, Black shorts White Socks, Sport shoes
REGISTRATION FEE	\$40.00

WATERPOLO

TRAININGS	Naenae Pool – Sunday's 8am - TBC
COMPETITIONS	Wellington & Hutt Waterpolo Competition's Wednesday/Thursday at Huia, WRAC and Naenae Pools NISSG – Auckland – 18 th – 21 st March 2010 NZSSG – Lower Hutt – 8 th – 11 th April 2010 (Premier Girls Team Only) NISSG – Auckland – 25 th - 28 th November 2010 (Juniors A Team Only)
SEASON	Term 1 & 2 – Seniors Term 2, 3 & 4 – Juniors
UNIFORM	Togs / mouth guard
REGISTRATION FEE	\$85.00