



Rangi Ruru
Girls' School

Year 9 -13

**Sport Options
2021**

Sport Information Sheet - 2021

Summer Competition begins Wednesday 17 February and concludes on Wednesday 17 March.

NB: Volleyball begins on Mon 15 February and concludes Mon 15 March.

Winter Competition begins Wednesday 19 May and concludes Wednesday 18 August

NB: Basketball begins on Fri 14 May and concludes Fri 20 August.

Term Four Sport begins Wednesday 20 October and concludes Wednesday 3 Nov (Snr), 17 Nov (Jnr) *NB: Volleyball begins on Mon 18 October and concludes Mon 11 Nov (Snr), 15 Nov (Jnr).*

Signups are done ONLINE via the school signup links during the first two weeks of school. The links to sign up for summer sport and winter sport trials will be posted on the Yr level TEAMS pages for all students and can also be found on Rangilife.

Trials will be required for some sports & will happen in the first week of term. Check the Sports Noticeboard and Rangilife for information.

Draws for all sports, are posted on the Sports Noticeboard outside the gym and is available on Rangilife under WEEKLY SPORTS DRAWS. Monday Volleyball and Friday Basketball games start from 4pm, while Wednesday games begin at 3:15pm. You will need to check the draws online to confirm each week.

Uniform

Make sure you are wearing the appropriate sports uniform and footwear for your sport. The Sports Office can confirm the appropriate attire. Sports gear can be purchased from the school's Uniform Shop (next to the pool on Hewitts Road).

Sports Team Meetings in the Gym

Mondays from 10:55-11:15am Interval – Volleyball (Terms 1 & 4 only)

Wednesdays from 10:30-10:45am – all other sports

Fridays at Interval – Basketball (Terms 2 & 3 only)

Sports meetings are **COMPULSORY**. The sports staff and Sports Captains will attend to ensure that you are organised for your game, and that you have information regarding transport.

Trainings/Practices

All sports trainings are organised by the team and coaches. Be prepared to attend all practices and games each week. It is YOUR RESPONSIBILITY to let your coach know if you can't play or find someone else to fill in for you.

Transport

Girls are generally transported to sport each week by taxi/shuttle and are Gold Sheeted for this cost. Pick-up and drop-off is outside the school gates on Rhodes Street. Private transport is fine, if available and where possible, girls can walk or bike to venues.

Expectations

Once you have signed onto a sport it is expected that you will be committed to that sport/activity for the season. Please do not make appointments on days you have committed to your sport. Teams are selected and entered in the Secondary Schools competition based on those who sign up for each sport. Instructors and coaches are likewise organised based on these numbers. In many instances we rely on the numbers to keep the costs associated with each sport as low as we can. Once signup lists have been confirmed, girls will be charged the term fee regardless of how many weeks a student participates.

Please come and see us in the Sports Office if you have any questions.

Contact Details:

Director of Sport – Ms Mandy Anderson

Assistant Director of Sport – Mrs Melissa Brooks

Sports Coordinator – Mrs Anna Waghorn

Sports Coordinator – Ms Nicole Sinclair

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Sport	Venue	When	Uniform/Equipment	Cost	Comments
Athletics	School & various venues for events.	Morning trainings on a Tuesday @ 7.15am. School, Canty, & SI Champs in T1 & National Champs in T4.	All equipment provided except spikes.	Entry fees for events are charged to girls who compete.	Athletes could also consider training with a club. School Team may be selected for SISS & NZSS
Badminton	School & various other gymnasiums.	Games Wed 3:15pm-4:15pm, T2 & T3.	School sports uniform. Own racquet.	\$25 for Term 1 & 4 plus transport costs.	Lunchtime coaching sessions available depending on demand.
Basketball	Various venues	Fridays from 4pm, T2 & T3.	Basketball singlet with school sports shorts. Mouth guard compulsory.	Approx. \$92 for a sub + \$77 singlet + transport. Additional costs for Senior A team & Int A team (tournaments).	Senior teams have additional costs to enter basketball tournaments. Int A & Senior A attend SISS; NZSS dependent on qualification.
Beach Volleyball	Pioneer Sports	Wed, 4pm-6pm.	School sports uniform.	Approx \$30 pp plus transport	Prerequisite is you must have played or be playing indoor volleyball.
Cricket - Regional Qualifier	Hagley Park	Tournament held in Term 1, Hagley Park. Trainings TBA.	White cricket pants needed for tournament. Some cricket gear supplied.	Reg Qualifying - Approx \$50 for term 1. Additional costs if qualify for Nationals.	No Wednesday competition. NZCT Tewnty20 competition with finals held in December.
Cross Country Running	From school & various venues.	Local Sat comps & Inter-secondary School Champs, T2 & T3.	Running shoes & uniform.	Transport costs plus event-based costs.	Athletes could also consider training with a club. School team may be selected to attend NZSS
Cycling	Rides depart from school. T2 & T3 – Tai Tapu.	T1 - Weekend rides; Friday wind-trainer sessions. T2 & T3: Wed racing	Own road bike & helmet. Cyclists MUST wear a vest to and from racing.	\$35 / term. Additional costs for attending events & purchasing gear. Costs for events outside of Chch	No experience needed. All levels catered for. Events include Cudon Tour (Blenheim), SI & National Road Cycling Champs
Dragon Boating	Lake Rua for training and Canty SS event	T1 = 5 weeks of training finishing with Canty SS Champs in March.	PE top and shorts/leggings	To be advised.	Yrs 10-13 only. Entry dependent on numbers. Max 12 per crew. Girls must be able to swim 50m
Equestrian	Various.	Various Polo – Thurs after school.	Own mount required for equestrian events. No mount required for Wed	Dependent on level of involvement.	No experience needed – newcomers welcome

(Includes Polo, SJ, Dressage, Eventing)		Learn to ride – Wed after school.	lessons or Polo on Thursday.		
Fencing	School.	Thurs 3:45pm-5pm, all year.	School sports uniform. Fencing gear supplied.	Approx. \$15/wk	Coaching program only. Additional costs for events/competitions.
Football	Training at school field; games various	Wed from 3:15pm, T2 & T3.	Uniform supplied for 1 st & 2 nd XI (if enough numbers), Need own boots, shin guards & socks. Mouth guard required.	\$60 per season plus transport, depending on team and competition entered.	1 st XI team attends a tournament during Winter Tournament Week.
Futsal	Various venues	Games Wed 3-4.30pm in T1 & T4.	School sports uniform.	Approx. \$50 per person per term plus transport costs.	Minimum of 8 girls required to form a team.
Gymnastics	Varies.	Event based only – generally T2.	Own leotard required for competitions.	Entry & transport costs only.	Not a coaching programme so entrants must be doing club gymnastics outside of school.
Hockey	Training at Nunweek, Nga Puna Wai or school	T2 & T3 Fitness in Term 1.	Uniform provided for 1 st & 2 nd XI. All other teams wear new PE / school sports uniform	Registration & Match fees dependent on team (Between \$250-\$350).	Girls are expected to play every match (<u>even during holidays when required</u>) 1 st & 2 nd XI teams attend tournaments.
Indoor Football	Various Indoor Sports Centre	Games from 3:15pm, Wed, in T1 & T4.	School sports uniform.	Approx \$25/player/term for venue hire plus transport.	Teams are put tog or you can create your own team. No trainings involved. 5-8 girls per team.
Indoor Netball	Various Indoor Sports Centres	Games from 3:15pm Weds, T1 & T4.	School sports uniform.	Approx \$25/player/term for venue hire plus transport.	Teams are put tog or you can create your own team. No trainings involved. 7-10 girls per team.
Kickboxing	Proactive Martial Arts.	Wed 3pm-3:45pm, all year. Min numbers.	School sports uniform.	Approx \$70 / term (numbers dependent).	No exp needed. Min numbers apply.
Lawn Bowls	Various Bowling Clubs.	Wed 3:15pm-4:15pm, T1 & T4.	School sports uniform & flat soled shoes.	\$15 / term plus transport.	No experience needed. Entry level and competition prog on offer.

Lifesaving	Training in school pool	Before school & after school, T1 & T4.	Togs, clan cap.	Costs for awards sat.	Compulsory for Yr 9 girls & optional for all others. All girls encouraged to gain RLSS awards
Metafit	School Fitness Centre or Outside in summer	Tues and Thurs after school.	School sports uniform	\$5 per session attended	20-30min workout designed to get you fitter and stronger!
Multisport	Various venues:	School events held during school time, except SI & National events.	School sports gear. Need own bike	Costs for each event vary between \$20-\$50pp	Team and/or Individuals encouraged to enter Canterbury & SI events in Triathlon or Duathlon
Netball	Sat– Hagley Park. Wed– various.	Wed and/or Sat, T2 & T3.	School netball dress, navy knickers.	Saturday - varies between \$120-\$250 depending on CNC subs & conditioning programme. Wednesday - \$40pp.	Trials held in T 1 for Sat teams & Wed teams put together after this. Sat comp starts end April/early May. <u>Games during holidays</u> . 9A, 10A and Senr A – SISS tournaments.
Rowing	Training at Kerrs Reach. Regattas at various venues.	Oct-Mar, trainings in the morning and after school 2-4 times/per week in T4 & T1.	Rowing singlet, navy bike pants, navy socks & navy with old stripe tops. Own bike.	Monthly fee approx \$750 plus additional costs dependent on venue for Nationals.	Requires a high level of commitment in training & fitness. Year 9's cannot row in T1 but can sign up in T4.
Rugby	Trainings at school or Hagley Park.	Games Wed 3pm-4:30pm, T2 & T3. Training varies.	Own boots, shorts, socks and mouth guard. Tops provided.	Approx \$40/season plus transport.	Commitment to all trainings is vital, particularly for new players to learn safe contact techniques.
Rugby 7s	Trainings at school or Hagley Park.	Tournament based – either T1 or T4.	Own boots, shorts, socks and mouth guard. Tops provided.	Approx \$40/season plus transport.	Commitment to all trainings is vital, particularly for new players to learn safe contact techniques.
Ski & Snow-boarding	Mt Hutt	Event based only – generally T3.	Own ski gear required	Dependent on transport & entry costs.	Must be a competent skier/snowboarder to enter the Cauty event
Strength & Conditioning	School Fitness Centre & Gym	Various times, all year.	Sports uniform/gym gear.	Approx \$10/session attended.	No experience needed. Students guided through a S & C programme.
Surfing	Sumner	Tues from 4:30pm-6:30pm, T1 & T4.	Own togs required but wetsuit & board supplied.	Approx \$168 for 6 lessons plus transport.	Learn to surf prog only. Options to enter in Wed league for girls who wish to compete.

Swimming	School pool & Competition pools	Trainings available T1 & T4 for non-club swimmers Event based for competitive swimmers.	Own togs, googles, cap	\$5 per session at school. Entry fees for events (i.e. Canty SS).	Swimmers who wish to enter NZSS Swimming Champs / NAGs can do so
Tennis	School courts & various other venues.	Games Wed 3:15pm-4:30pm, T1 & T4. Coaching available Tues &/or Thurs am.	School sports uniform & own racquet required. Balls provided.	Wednesday games - approx. \$20/term plus transport. Coaching costs approx. \$70pp for 6 group lessons.	Top teams attend South Island & National events. Prem team will have additional costs
Touch	School field & various venues.	Games Wed 3:15pm-4:15pm. Training times vary. T1 & T4.	School sports uniform. Touch shoes compulsory for Supertouch but optional for other teams.	Approx. \$25/term plus transport.	Supertouch has additional costs for S&C programme & competition entries.
Trampolining	Christchurch School of Gymnastics,	Wed 3pm-4pm, all year. Minimum numbers required.	School sports uniform & socks.	\$40/term plus cost of badges if sat.	No experience needed.
Ultimate Frisbee	North Hagley Park	Wed 3.15pm-4pm in T1 and T4.	School sports uniform.	\$20/term.	A minimum of 8 players per team.
Volleyball	School gym & indoor venues.	Games are in T1 & T4 on a Monday btwn 4pm-9pm. Training times vary per team.	School sports uniform. Kneepads compulsory for Snr A & Jnr A teams & recommended for other teams.	Approx. \$30/term plus weekly transport costs.	Games can be played on a Tuesday – i.e. public holidays (Labour Day).
Water Polo	Training – school pool Games – Jellie Park, QEII &/or Rangī	Games Tues or Wed between 3pm-9pm. Training normally early mornings Senior comp - T1; Junior comp - T4. SISS each year.	Waterpolo Togs & swimming cap required. Waterpolo caps & balls provided.	Approx \$90/term plus pool entry & transport. Togs \$110 approx.	No experience needed but good swimming ability a big advantage.

NOTE All activities have additional costs for any events/tournaments – such at Canterbury, South Island or National tournaments/championships.