



Sacred Heart  
Girls' College  
HAMILTON

# Sport

The Sacred Heart **Sport Programme** caters for students of all abilities; from those who choose sport as an interest to those who are pursuing sport as a career.

The involvement of students in extra-curricular activities is very important as this plays a critical part in their holistic development. Participation in sport allows students to experience individual success, the power of teamwork, to develop personal discipline, competitiveness and lifelong healthy lifestyle habits.

Pope Francis describes sport as “a very rich source of values that help us to become better people.” We see this in the virtues, such as loyalty, commitment, respect and tenacity that our students demonstrate when representing our school in sports.

We have a dedicated team led by our Director of Sport Development, supported by our Sports Coordinators and the many teachers, coaches and volunteers that offer their time and expertise to the sports we offer.





# Sport Programme A-Z



## Fitness Centre

We encourage our students to follow a plan of regular exercise and our on-site Fitness Centre is a perfect all-weather option and a great way to start the day or unwind in the afternoon. It houses a variety of gym equipment, including rowing machines, cross trainers, spin and exercycles, a treadmill and free weights.



## Athletics

Held at Porritt Stadium in Term 1. Top performing students are selected to attend Central Zones and based on placing may attend WaiBOP, North Islands and Nationals.



## Badminton

Players participate in the Waikato Secondary School Girls' Competition, with practices held twice a week in the gym.



## Futsal

Teams participate in the WaiBOP Secondary School Girls' Competition. An annual social inter-house competition is also held.



## Rugby 7's

Teams train once a week and compete against other Waikato schools as well as attending the National Condors 7's Tournament.



## Basketball

Junior and Senior teams play in the Waikato Secondary School Girls' Competition, with the Senior team attending the Regionals.



## Hockey

Teams compete in the Waikato Secondary School Girls' Competition, with training 2-3 times a week.



## Running Club

Students come together for a morning run one day a week before school.



## Cheerleading

Students' train once a week with professional coaches and compete in 3 competitions throughout the year.



## Lacrosse

Teams play during Terms 2 and 3, competing in the Waikato Secondary School Girls' League.



## Squash

Students compete in the Waikato Secondary School Girls' Individual and Team Tournaments in Term 2.



## Cross Country

Held annually school-wide, with top performing competitors selected to represent our College at Central Zones and WBOP championships.



## Muay Thai Kickboxing

Self-defence classes are held weekly within the school.



## Swimming

Held annually at Waterworld in Term 1, with top performing students selected to represent our College at the WaiBOP Championships.



## Cue Sports 8 Ball

Players/teams train at the Massé Cue Sports Club in town and can enter tournaments throughout the year.



## Netball

Teams play in the Waikato Secondary School Girls' Competition, Morrinsville Competition and our Premier team attend UNISS Tournament.



## Table Tennis

Students play weekly against other local schools.



## Rock Climbing

Our team of climbers train at Extreme Edge in town and can enter tournaments throughout the year.



## Touch Rugby

Teams play in the Waikato Secondary School Girls' Competition, with the Senior team attending Nationals.



## Equestrian

Riders and their horses represent our College at events throughout the Waikato region.



## Rowing

The Rowing season runs from September to April and our 'Learn to Row Programme' is in Term 3.



## Volleyball

Senior teams play in Term 1 and Junior teams play weekly in Term 4.



## Football

Teams participate in the Waikato Secondary School Girls' Competitions. The 1st XI team compete in Secondary Schools Winter Tournament week.



## Rugby

Students compete in the Waikato Secondary School Girls' Competition, with training once a week.



## Water Polo

Senior teams play during Term 1 and Junior teams play in Terms 3 and 4.