

Sport Programme A-Z



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.



Basketball

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



Cheerleading

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



Cross Country

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



Cue Sports 8 Ball

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



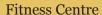
Equestrian

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



Football

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



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.



Futsal

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



Hockey

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



Lacrosse

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



Muay Thai Kickboxing

Self-defence classes are held weekly within the school.



Netball

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



Rock Climbing

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



Rowing

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



Rugby

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



Rugby 7's

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



Running Club

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



Squash

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



Swimming

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



Table Tennis

Students play weekly against other local schools.



Touch Rugby

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



Volleyball

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



Water Polo

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