



LIONS' SPORT DEPARTMENT
King's High School

SUMMER SPORT INFORMATION 2016



LIONS' SPORT DEPARTMENT

King's High School

CONTACT INFORMATION

DIRECTOR OF SPORT

Dave Conrad

027 241 8894

dconrad@kingshigh.school.nz

SPORTS COORDINATORS

Kane Jury (Head of Sports Performance)

022 639 6924

jy@kingshigh.school.nz

Tim Belcher

027 455 1000

timb@kingshigh.school.nz

King's High School

Athletics



Registration Fee:

The fee for 2016 is:
\$35

Training Days and commencement dates

TBC- will commence after athletics day

Competition Days and commencement date

Otago Athletic March 11th

Additional Competitions

Otago/Southlands 19th March and South Islands April 1st to 3rd

Sign up and trials

Qualify in the top 3 at King's Athletic Sports, or see Mr Koedyk if interested

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Supplied top. Need King's PE shorts

Teacher in Charge

Mr Grant Koedyk

ko@kingshigh.school.nz

Sports Department

Mr Dave Conrad

dconrad@kingshigh.school.nz

027 241 8894

King's High School

Cricket



Registration Fee:

The fee for 2016 is:

\$200 1st XI

\$120 for all other teams.

This covers affiliation fees, external coaches, uniform cost, new match ball every weekend, training facilities, equipment.

Training Days and commencement dates

Monday – Friday, days split between teams. KHS/Tonga Park 3.15pm till 4.30pm

Competition Days and commencement date

1st and 2nd XI 30th Jan All other teams 13th Feb

Additional Competitions

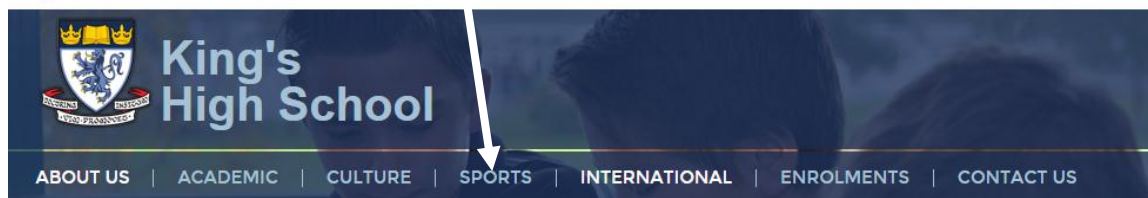
Gillette Cup Knock Out

NZCT Junior Knock Out

Junior Tournament week (November 2016)

Sign up and trials (if any)

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

1st XI/ 2nd XI uniform supplied coloured

3rd - 5th XI coloured uniform provided

Junior A coloured uniform provided

Junior B/C Own PE top and white trousers

Teacher in Charge

Mr Dave Conrad

dconrad@kingshigh.school.nz

027 2418894

Sports Department

Mr Tim Belcher

timb@kingshigh.school.nz

027 455 1000

King's High School

Golf



Registration Fee:

The fee for 2016 is:

Approximately \$250 (per player) which covers transport, academy, shirts (inter-schools) and any other costs.

Training Days and commencement dates

Generally a Wednesday or Friday after school at St Clair.

Expectation is that students are also competing/training in their own time.

Competition Days and commencement date

Saturdays and/or other designated days.

Additional Competitions

Inter-schools along with Invitation tournaments (School Competitions).

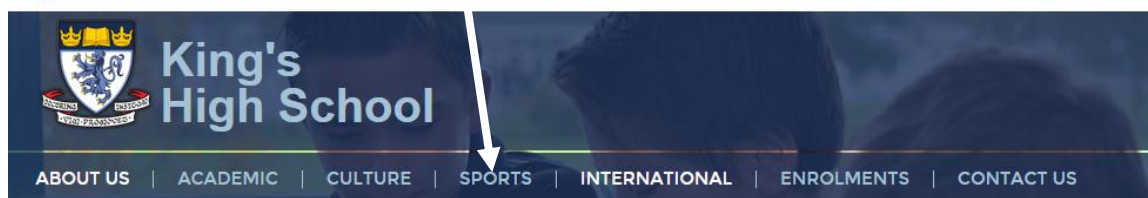
Some students may also be invited to tournaments.

Sign up and trials (if any)

Dependent on numbers (particularly in the Junior School).

Seniors picks itself.

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Students provide their own Golf Clubs.

Teacher in Charge

Mr Darin Smith

ds@kingshigh.school.nz

Sports Department

Mr Tim Belcher

timb@kingshigh.school.nz

027 455 1000

King's High School



Fencing

Registration Fee:

The fee for 2016 is:

\$80.00 per term and includes coaching and the use of all equipment. There is also an annual fee to Fencing New Zealand (FeNZ) for every fencer of either \$30.00 or \$60.00 depending on your level of participation.

Training Days and commencement dates

Wednesday afternoons from 4.30pm- 5.30pm at the Claymore Swords Club, top floor, 106 Bond St (Forno's Auction House Building).

Competition Days and commencement date

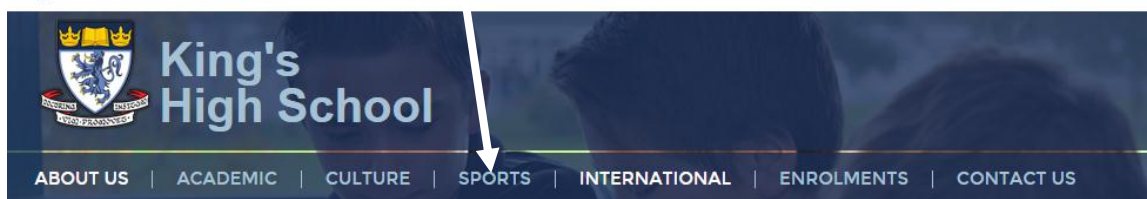
TBC

Additional Competitions

Opportunity for interschool competitions

Sign up and trials (if any)

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

You will need to wear comfortable sports clothing including full-length tracksuit pants (essential for safety) and sports shoes.

Teacher in Charge

Ms Vanda Symon

claymoreswordsclub@gmail.com

Sports Department

Mr Dave Conrad

dconrad@kingshigh.school.nz

027 241 8894

King's High School

Football



Registration Fee:

The fee for 2016 is:

\$80. This covers entry fee, local transport, equipment, uniform.

Training Days and commencement dates

Depends on Coach - Usually Monday or Tuesday

Soccer Sports Performance - Friday

Competition Days and commencement date

Wednesday - Week 1, Term 2. (TBC by OSSSA)

Additional Competitions

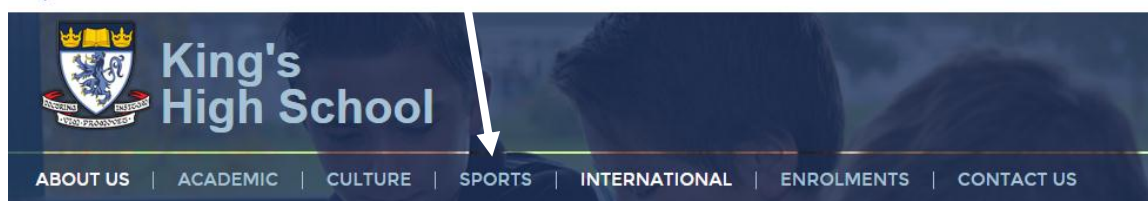
1st XI will attend National Tournament if they qualify, Satellite Tournament if they do not qualify. JNR Soccer Sports Performance maybe involved in a South Island Tour during camp week in Term 4.

Sign up and trials

Football Sports Performance is run by Mr Fleming on Fridays. Football Sports Performance trials will be on the following days after school on the KHS fields. Summer sport practices take priority, discuss with Mr Fleming if you cannot make it.

Tuesday	9th Feb	Year 9	Thursday	18th Feb	Year 10
Wednesday	10th Feb	Year 10	Monday	22nd Feb	Year 9
Friday	12th Feb	Year 9	Tuesday	23rd Feb	1st XI & Snr's
Monday	15th Feb	Year 10	Wednesday	24th Feb	Year 10
Tuesday	16th Feb	1st XI	Thursday	25th Feb	Year 9
Wednesday	17th Feb	Year 9	Friday	26th Feb	1st XI

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Boots, shin pads, KHS Football Socks, some teams require KHS Football Shorts

Teacher in Charge

Mr Gareth Hore

he@kingshigh.school.nz

Sports Department

Mr Dave Conrad

dconrad@kingshigh.school.nz

027 241 8894

King's High School

Futsal



Registration Fee:

The fee for 2016 is:

\$55. This covers entry fee, local transport, equipment, uniform.

The fee this year is \$55 which covers entry to the Edgar Centre, NZ Futsal registration, court hire, equipment, administrator and refs.

Training Days and commencement dates

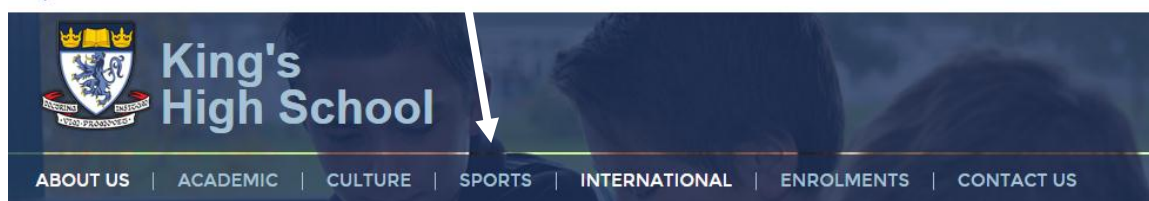
No trainings

Competition Days and commencement date

Tuesday afternoons between 6pm and 7pm at the Edgar Centre.

Sign up and trials (if any)

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Students are to play in their PE uniform, non-marking shoes, shin pads and regulation King's High School socks which are available at the school office for \$16. This season Futsal South will be enforcing the rule of no shin pads, no game.

Teacher in Charge

Mr Haji Higashitani

hi@kingshigh.school.nz

Sports Department

Mr Kane Jury

kj@kingshigh.school.nz

022 639 6924

King's High School



Rowing

Registration Fee:

The fee for 2016 is:

\$400 set annually. Affiliated to NERC (North End Rowing Club). Extra costs include transport, accommodation in Twizel, food and regatta entry fees. All costs are met by the rowers and are relative to the overall cost divided by the number involved. This also covers the costs of boat and oar storage, maintenance on equipment and costs of the coaching launch for each training session.

Training Days and commencement dates

During the season there will normally be two training sessions during the week and one in the weekend. It can be either morning or evening depending on what works best for the rowers, coach and other users of the facilities. A standard morning session would be 6.00am to 7.30am. Boys would either meet at the NERCC club at 6.00am or at King's for a ride in the van at 5.45am. They will be returned to school around 8.00am in time to have breakfast and get ready for school. During the more intensive part of the season (post-Christmas) rowers may have additional training sessions at the Henley shed (on the Taieri River). Running, weight training and gym sessions may also be scheduled to build and maintain fitness, strength and aid flexibility. From time to time (approximately 3 times) there will be ergometer testing over 2000m so the boy's and coach can gauge their progress. Training venues during the season are Otago Harbour, Taieri River and Lake Ruataniwha.

Competition Days and commencement date

REGATTA DATE LOCATION

NERC & Dn Club	Nov 21 - 22 Dunedin
Otago Champs	Dec 12 - 13 Twizel
Training Camp	Jan 3 - 9 Twizel
Canterbury Champs	Jan 16 - 17 Twizel
South Island Champs	Jan 30 - 31 Twizel
OSSRA Term 1	Feb 13 Dunedin
Canterbury Secondary School Champs	Mar 5 - 6 Lake Hood
OSSRA Head of Harbour	Mar 12 Dunedin
South Island Secondary School Champs	Mar 19 - 20 Twizel
Maadi Cup	Apr 4 - 10 Twizel

Additional Competitions

One training Camp is scheduled each year and usually takes place at Lake Ruataniwha in Twizel during the week prior to the Canterbury Champs.

Sign up and trials (if any)

If interested First week Term 1 or at any stage of the year after that (purely on a trial basis)

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

For School Regattas a King's High School Rowing suit is required. Club regattas rowing for NERC the boys either hire or buy a NERC rowing suit

Person in Charge

Mr Kelvin Maker

kelvin.maker@nzl.fujixerox.com

027 223 4338

Sports Department

Mr Dave Conrad

dconrad@kingshigh.school

027 241 8894

King's Club Captain

Mitchell Anderson

mitchellanderson@ihug.co.nz

King's High School

Softball



Registration Fee:

The fee for 2016 is:

\$40 per term. This covers entry into the local competition, Ellis Park ground charges and transport.

Training Days and commencement dates

Wednesday 3pm at KHS

Competition Days and commencement date

4.30pm Thursday at Ellis Park

Additional Competitions

Summer Inter-school fixtures

Summer Tournament Week (5 - 8 April)

Sign up and trials (if any)

There is a 1st team and a junior team. All players who sign up will play.

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Fielding glove and PE uniform. 1st team will have uniform provided.

Person in Charge

Mr John Scholten

jes@kingshigh.school.nz

Sports Department

Mr Tim Belcher

timb@kingshigh.school.nz

027 455 1000

King's High School

Surfing



Registration Fee:

The fee for 2016 is:

\$10.00. This covers the expenses associated with running the weekly interschool competition.

Competition Days and commencement date

The interschool surfing ladder occurs on Tuesdays at St Clair with schools from all over Dunedin attending. We encourage surfers of all levels to attend and cater for both learners and competitive surfers.

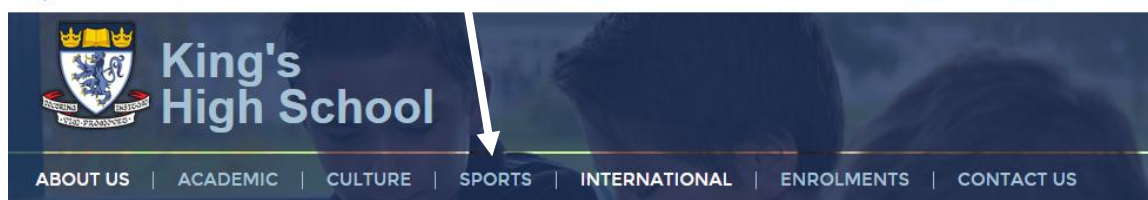
Additional Competitions

Winter Inter-schools

National Secondary School Championships (Raglan) if selected.

Sign up and trials (if any)

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Your own personal wetsuits and surfboards will be required for the weekly interschool competition. All gear can be stored in T3 (Mr Simmons Workshop) on Wednesdays during the day when schools on.

Teacher in Charge

Mr Johnny Simmons

si@kingshigh.school.nz

Sports Department

Mr Kane Jury

jy@kingshigh.school.nz

022 639 6924

King's High School

Tennis



Registration Fee:

The fee for 2016 are:
\$40.00

Training Days and commencement dates

Tuesday Afternoon (Optional Coaching for those who want)

Competition Days and commencement date

Thursdays, starts 18 February

Additional Competitions

Summer Interschool fixtures

Sign up and trials (if any)

No trials, both social and competitive grades, teams of 3 preferred. See BR in A11

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Tennis Racquet
King's PE Uniform
Sport Shoes

Teacher in Charge

Mr Marek Brewster

br@kingshigh.school.nz

Sports Department

Mr Tim Belcher

timb@kingshigh.school.nz

027 455 1000

King's High School

Touch



Registration Fee:

The fee for 2016 are:

METRO TOUCH COMPETITION

Junior - \$30 covers Term 1 and Term 4

Seniors - \$40 covers Term 1 and Term 4

TOUCH SPORTS PERFORMANCE

Year 9 - \$50

Year 10 - \$40

Training Days and commencement dates

Nil training for Metro teams. Competition for both seniors and juniors commences on Tuesday 23rd February at the Kensington Oval from 4pm - 6pm. We will miss the first competition dated (16th February) due to athletics day.

Competition Days and commencement date

All Metro teams - Tuesday competition after school (see above). Touch Sports Performance will be on timetable (yet to be advised). Senior 1st will train Monday, Wednesday and Saturday and play Tuesday and Thursday. Senior 2nds will train and play on Tuesday evenings.

Additional Competitions

Junior Nationals	12 - 14 February
Otago Regionals	20 February
Opens/Masters Nationals	4 - 6 March
South Islands	19 - 20 March
Interschool Fixtures	TBA

Sign-up and trials (if any)

METRO TOUCH COMPETITION:

Juniors - Year 9 and Year 10 teams sign-up sheets will be available in room 26. Students need to put their names down if they want to play. No trials for metro teams.

Seniors - Year 11/12/13 teams sign-up sheets will be available in room 26. Students need to put their names down if they want to play. It is easier if boys arrange their own teams (10 players required, no more, no less). No trials for metro teams.

Touch Sports Performance (Year 9 or 10) sign-up - name on sheet in room 26 in week 1, trials will follow in week 2 (keep an eye on the notices read in group classes and notice board in room 26). Selection is on organisation, commitment and effort basis.

Once you have signed up, please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Juniors - PE uniform (blue PE top and blue PE shorts).

Seniors - Uniform is issued to all senior Touch players.

Teacher in Charge

Mr Dan Koni

ki@kingshigh.school.nz

Sports Department

Mr Kane Jury

jj@kingshigh.school

022 639 6924

King's High School

Volleyball



Registration Fee:

The fee for 2016 is:

\$50 covers competition entry fee and cost of purchasing volleyballs and new tops.

Training Days and commencement dates

Junior training - Thursday after school

Senior training - Wednesday after school and Sunday 3pm.

Competition Days and commencement date

Juniors - games at Edgar Centre on Friday's after school

Seniors - games at Edgar Centre on Monday's after school.

Commencing Friday 12th and Monday 15th February respectively.

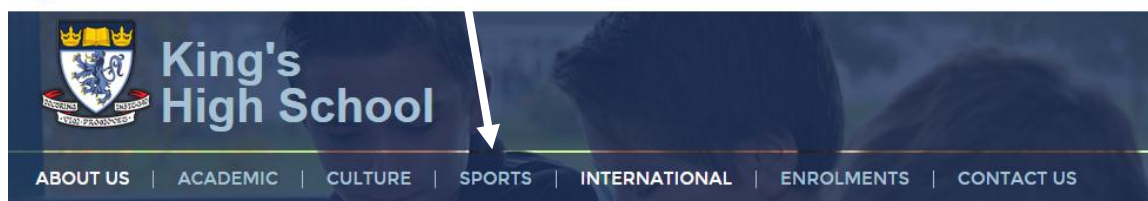
Additional Competitions

- In 2016 the Senior A side is competing in the Otago Championships in March and the NZ Champs in April and the Senior B side is competing at the South Island Champs in late March.
- The Junior A side is competing in the South Island Champs in November and both the Junior A and Junior B side are competing in the Otago Championships in late October.
- Interschool Fixtures

Sign up and trials (if any)

Year 9 Volleyball trial - Friday 5th February 3pm Large Gym.

Please complete the 'Summer Sports Registration' form under the 'SPORTS' tab on the school website – www.kingshigh.school.nz



Equipment/Sport Uniform requirements

Year 9's required to play in PE tops and shorts.

Senior A/B and Year 10 side have tops supplied. All balls supplied.

Teacher in Charge

Mr Darryl Patterson

pt@kingshigh.school.nz

Sports Department

Mr Kane Jury

jy@kingshigh.school.nz

022 6396924