



BUILDING MEN FOR LIFE



KING'S BASKETBALL



Dear Parents,

Our vision for all the young men we are privileged to educate is a simple one. We are committed to **Building Men for Life**. It is our desire that the boys who enter our school will leave it as well rounded young men equipped academically to pursue their dreams and also emotionally and ethically so they can contribute positively to their families and our community.

Our vision materialises through the pursuit and promotion of Personal Excellence. We encourage, inspire and expect each student to be the best that he can possibly be. Whether it is in the classroom, on the stage or in the sporting arena.

I am extremely proud to be leading a school of such talented and superb young men. I am blessed to have an outstanding staff who are committed to providing a superior education to their students.

Dan Reddiex
Rector



Dear Parents,

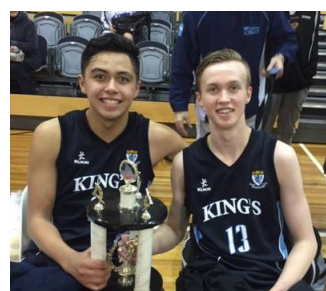
Over 700 students participate in sport at King's High School. From social players to New Zealand representatives we are able to cater for each student's personal goals and desires in the sporting arena.

Not only does King's have dedicated teachers in the classroom, there are committed teachers assisting in the variety of sports offered at King's. To emphasise the level of skill and experience we have available, some of these individuals have represented either NZ and/or their region in their chosen sport. Added to this we are fortunate to have a wider network of passionate and knowledgeable people who also coach at King's. All this combines to give our students access to an extremely high level of knowledge and experience both practical and theoretical in their chosen sport.

New to the school is the Sports Performance course in Year 9 and 10. It has been designed around the holistic development of the athlete. It is well documented that participation in such a programme provides excellent preparation and supports performance at the highest level. The programme has been developed with input from teachers, regional sporting bodies, High Performance Sports New Zealand, tertiary institutions and friends of the school. It will provide our top junior athletes the skills and behaviours required to achieve personal excellence at the highest level in their chosen sport(s) at King's.

We believe sport is an excellent vehicle in which to enhance the development of a well-rounded King's student, through the development of good attitudes, behaviours, competition and social skills.

Kane Jury
Head of Sports Performance



Basketball is the third largest winter sport in terms of participation at King's. We field many teams ranging from social to competitive, including Year 9 'A', Year 10 'A' and the traditional Basketball 1sts. Extra coaching is offered to those students who wish to excel in this sport.

The basis for basketball is the local competition run by Basketball Otago on Friday nights. In 2015 King's won the competition while in 2014 and 2016 we were runners up. In addition, we have an extensive set of interschool fixtures which include games against Otago Boys', Waitaki Boys', Southland Boys' and Shirley Boys' High Schools. There is also the possibility of age group competitions, South Island and National Championships.

In 2014 and 2016 the King's Basketball 1st team attended the New Zealand Secondary Schools Basketball tournament in Palmerston North finishing 23rd and 19th respectively.

Basketball at King's has a long and proud tradition. Many of our ex-pupils continue to play competitively in the local men's competition. Our most famous son in the field of basketball is Glen Denham. He attended King's from 1977-1982 and played over 200 games for New Zealand over an impressive 10 year period from 1988-1997, including many games as Captain.

2016 Head Boy and Basketball Captain Josh Aitcheson was selected for the Junior Tall Blacks and has now signed with the Southland Sharks. Josh is joining fellow old Boy Hayden Allen who is playing his 17th season in the National Basketball League. Other significant selections are Ollie McCombie for the NZ Koru Team, Matt Monga and Liam Ayson for their respective Otago Age Group teams.

King's primary purpose and intent is to "Build Men for Life". Sport is an important mechanism by which we achieve this vision. The coaching team work tirelessly with each boy to enhance his skills, attitude and confidence, enabling him to achieve his goals and ambitions both at school and beyond.

Kane Jury - jy@kingshigh.school.nz

Head of Sports Performance

Key contacts:

Mr Sam Fielding - fg@kingshigh.school.nz

Teacher in Charge of Basketball

Mr Nic Sullivan - sn@kingshigh.school.nz

Teacher in Charge of Basketball

Alf Arlidge - maverick32@xtra.co.nz

1st Basketball Coach



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TRIALS

Year 9 and Year 10 Trials are held towards the end of Term 1 after summer sports have finished.

TRAINING

Training varies for each basketball team. The Junior A and B teams train twice a week on Tuesday and Thursday.

COMPETITION

King's boasts 16 teams spread across 4 grades. The games are played on a Friday night and commence in the second week of Term 2.

TOURNAMENTS

- Junior South Island Tournament.
- Senior South Island Tournament.
- NZ Secondary Schools Basketball Tournament.

UNIFORM/EQUIPMENT REQUIREMENTS

All players wear King's P.E. shorts and appropriate gym shoes. Tops are provided for seniors while juniors will have a numbered P.E. top. Before the competition starts the school will assist with getting the numbers printed.



SPORTS PERFORMANCE – BASKETBALL

The programme is led by Mr Alf Arlidge. Alf has over twenty years coaching experience, ranging from the Otago Nuggets to Otago Age Group and Development teams. Mr Sam Fielding and Mr Nic Sullivan also lead two training sessions after school each week.

Goals

- To foster an environment where each student can develop his basic technical skills.
- To nurture and develop the values of team work and camaraderie.
- Enable students to understand the wider issues of the game.

Selection

Applications are open to all Year 9 and Year 10 students each year. Selection is made by the coaches.

Discipline

Boys are expected to show high levels of commitment to the programme and adhere to an acceptable level of attendance, behaviour, dress and performance both in the programme and all other aspects of their schooling. They are expected to catch up on any classroom work missed because of their participation in the programme. Failure to do so will mean removal from the sports performance programme.

Reporting

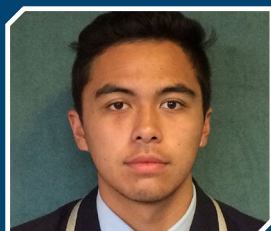
At the end of Term 3 each student in the programme will be given an individual assessment listing strengths and skill development areas during the performance sessions. Also his attitude, effort and organisation during the programme will be assessed.

The programme will include:

- Nutrition and Food Diary
- Physical Conditioning
- Mental Skills Training
- Recovery Protocols
- Performance Strategic Planning

SPORTS PERFORMANCE- YEAR 10 SUBJECT CHOICE

Year 10 students can choose Sports Performance as a curriculum subject. The course has been designed around the holistic development of an athlete. It provides our top junior athletes with the skills and behaviours required to perform at the highest level in their chosen sport at King's and beyond.



"Our Basketball Programme has been very successful and I have enjoyed it immensely. Our coach and former Otago Nuggets Coach Alf Arlidge has a style of coaching that pushes us and further develops our skills. I believe he is the best coach in Otago and one of the top coaches in NZ."

Matt Monga, Year 13



"Since being involved with King's Basketball I have enjoyed the strong team culture and chemistry in both the Year 9 and Junior 1st teams. I have learnt a lot about my Basketball and this has been helped by Coach Arlidge. He has been very helpful in giving me things to improve on. The early morning training sessions have also helped and training with the 1st Team has been a good experience."

Jack Muir, Year 10

KING'S HIGH SCHOOLS BASKETBALL PATHWAY

REPRESENTATIVE BASKETBALL PATHWAY

Year 11, 12 & 13	1st V 2nd V	Tournaments NZ Secondary School Basketball Tournament South Island Senior Basketball Tournament South Island Senior Basketball Tournament	Under 19 Under 17 Under 15	Otago	Under 19 Under 17 Under 15	New Zealand
	Sports Performance Curriculum Year 9 & 10 Basketball Sports Performance Junior A Junior B					



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THE LIONS' WAY

1. Honesty in all dealings

2. Perseverance to achieve goals

3. "We before me" mentality

4. Attitude before aptitude

5. Accountability - we hold each other accountable





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