



BUILDING MEN FOR LIFE

KING'S RUGBY





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



**The Cambridge Blue jersey made its first appearance when the school opened in 1936. When Ben Smith was selected for the 2009 All Blacks he became the school's 13th player to be selected for his country at the highest level.**

Currently there are 10 teams playing Rugby at King's and over 200 students putting on the Cambridge Blue jersey every weekend. There is a team to suit every player regardless of his skill level or the level at which he wishes to play. With excellent player numbers, talent, depth and structure, King's enjoys success with players selected in various Otago age group, representative and provincial teams each year.

King's has the biggest representation of All Blacks from any Otago Secondary School in the modern professional era. Over 70 Old Boys have represented Otago at first class level. Ray Bell became the school's first All Black in 1951 and started a list of high-class players including John Hotop, Chris Laidlaw, Ian Smith, Laurie Mains, Lindsay Clark, Kupu Vanisi, Tony Brown, Carl Hayman, Paul Miller, Tom Willis, Joe McDonnell and Ben Smith who would represent their country.

Current students are fortunate to have a substantial number of staff who either coach or manage the teams. This staff involvement is complemented by parents and Old Boys who give of their time, expertise and passion.

By providing a combination of expertise, guidance, discipline and drive in all facets of rugby we strive to develop the player and the young man to his potential, helping him to achieve the skills, attitude and self-discipline that will hold him in good stead wherever his ambitions and dreams take him.

**Kane Jury**

**Director of Rugby**

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**Key contact:**

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**Rugby Administrator**



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## PRE-SEASON TRAINING

- Monday and Wednesday 3:15pm-4:30pm.
- 8 weeks prior to the first trial game.
- Positional specific coaching, conditioning games and core skills.

## TRIALS

- Under 14 and 15 will have at least two trial dates to ensure each student has the opportunity to showcase his skills. These will occur during the second to last week of Term 1.

## RUGBY SEASON

- Two team training sessions a week.
- One positional specific session a week.
- Otago Secondary Schools Saturday game.
- Interschool fixtures.
- South Island Under 15 Boys Invitational Tournament.
- Potential international touring.

## UNIFORM REQUIREMENTS

Players must bring mouthguard, shorts, socks and boots. Jerseys will be provided on game day.



## SPORTS PERFORMANCE – RUGBY

### Goals

The programme's primary role is to identify, develop and educate Year 9 and 10 students who we believe have the potential to perform at the highest level and gain representative honours during their time at King's.

### Selection

Application to the programme is open to all Year 9 and Year 10 students each year. Selection is made by the U14 and 15 rugby coaches and Director of Rugby.

### 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 programme. Also his attitude, effort and organisation during the programme will be assessed.

### The programme will include:

- Nutrition and Food Diary
- Rugby Laws and Refereeing experience
- Physical Conditioning
- Mental Skills Training
- Recovery Protocols
- Performance Strategic Planning
- Position Specific Skills
- Core Skills (Catch/Pass, Tackle, Contact Area)

## SPORTS PERFORMANCE- YEAR 10 SUBJECT CHOICE

A Year 10 student 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.



"Before coming to King's I thought I was reasonably skilful and had good technique. In Year 9 I was lucky enough to have two Rugby Sports Performance periods a week during class time where Mr. Jury and other guest coaches taught us to improve our skill level and improve on basic techniques. I am certainly learning that skill is King!"

**Bradley McPate Year 10**



"In my first year at King's High School as a Year 9 student I was given some excellent opportunities to develop my Rugby by being involved in two traditional Interschool fixtures and the SI Invitational U15 Boys Rugby Tournament. These opportunities boosted my confidence and allowed me to gain some valuable experience."

**Keanu Vanisi, Year 10**



## KING'S HIGH SCHOOLS RUGBY PATHWAY

## REPRESENTATIVE RUGBY PATHWAY

Year 11, 12 & 13	1st XV  2nd XV  King's Pumas      King's Wildcats	Other Opportunities  Overseas Tour Experience    South Island Under 15 Tournament	Under 18   Under 16   Under 14   Under 13	Metro Rugby	New Zealand Secondary Schools	Other
					New Zealand Secondary Schools Barbarians	
Year 10	Sports Performance Curriculum Subject Year 10 Rugby Sports Performance U15 Panthers   U15 Tigers   U15 Leopards				Highlanders U17/18 Camp	
Year 9	Year 9 Rugby Sports Performance U14 Panthers   U14 Tigers   U14 Leopards					



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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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