



KING'S ATHLETICS



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



King's athletics has a strong following and continues to achieve superb results, with a large number of boys representing the school at Provincial, South Island and National levels on an annual basis.

The King's athletics team is managed by Teacher in Charge, Mr Grant Koedyk and Mr Geoff Anderson, an Old Boy and accomplished middle distance runner.

COMPETITION and TOURNAMENTS

In February, King's enters a large team in the Otago Athletics Championships. Those who finish in the top eight of any event qualify for the Otago/Southland Championships. A top five finish in the Otago/Southland event means the student qualifies for the prestigious South Island Championships.

In December, a team attends the National Championships. This is an exciting trip and competitors enjoy the chance to pit themselves against future New Zealand and Olympic representatives.

HIGHLIGHTS and SUCCESSES

King's has a long and proud history of achievement at Provincial, South Island and National level.

Some recent highlights:

- U14 and U15 South Island 4 x 100m Record Holders.
- Senior South Island 4 x 400m Record Holders.
- 2015 National 4 x 100m Medallists.
- 2015 and 2016 4 x 400m Gold Medallists.
- 2016 Alex Brown National Open 3000m Walk Silver Medallist.
- 2016 Drew Cairney National U15 1500m Bronze Medallist.
- 2016 Sam Gouverneur National Junior 400m Silver Medallist.
- 2016 Felix McDonald National Long Jump Gold and Bronze Medallist, 110m and 300m Senior Hurdles Silver Medallist.
- Felix McDonald represented New Zealand at the Youth Commonwealth Games and Sam Gouverneur represented New Zealand at the Oceania Games in 2016.



BUILDING MEN FOR LIFE

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King's Cross Country has been very successful over the past 20 years. Over that time, King's has produced several national champions and New Zealand representatives.

In some cases these boys' talents were discovered and nurtured at King's. In Otago, the King's senior and junior teams have seldom been beaten. The King's senior team of six runners has won the popular Milton Cross Country Relays for Otago/Southland schools six years in a row. Boys are supported well by an excellent fundraising team so travel to faraway places is possible for everyone.

Old Boy, and accomplished runner and physiotherapist, Mr Geoff Anderson, coaches the team supported by Mr Grant Koedyk. Coaching involves Tuesday and Friday morning breakfast runs from school with hot showers and breakfast provided after training.

COMPETITION and TOURNAMENTS

There are four major interschool competitions in Term 2, all held in school time, so students who play other winter sport can also take part in cross country. The events are the Caversham Road Relays, Milton Cross Country Relays, the Otago Cross Country Championships and the Logan Park Individual Road Race. In addition, there are senior and junior interschools with Southland Boys' and Otago Boys' High Schools. One of the most enjoyable events of the year is the trip to the New Zealand Secondary Schools' (NZSS) Cross Country Championships in July.

With over 1000 runners, the NZSS Cross Country Championships is one of the biggest of its type in the world. King's boys travel to venues such as New Plymouth, Napier and Nelson to compete. King's record of achievement at these championships is outstanding. In the last 20 years we have produced 3 individual champions and one national champion team, as well as several top 3 placings. At the local level, King's is hard to defeat with numerous first placings.

HIGHLIGHTS and SUCCESSES

The King's Hall Of Fame includes Blair Martin-NZSS Cross Country Junior Champion; Nick Lee-NZSS Cross Country Junior Champion; Tim Dobier-NZSS Cross Country Senior Champion; Max Smith - NZSS Cross Country Senior Boys' Runner-Up; Tim Dobier, Eddie Smith, Ian White-NZSS Cross Country Senior Boys' Team of 3 Champions. Several other teams have won medals at these championships.

Lyndon Brown, Tony Payne, Daniel Balchin, Robert Brown and Caden Shields have represented their province and New Zealand or became NZ Champions in middle and long distance events since leaving King's.

Kane Jury - jy@kingshigh.school.nz
Head of Sports Performance

Key contact:
Mr Grant Koedyk - ko@kingshigh.school.nz
Teacher in Charge of Athletics & Cross Country



"Being involved in the Athletics team at King's has allowed me to grow in confidence, meet new people and realise my full potential. I have gone from being someone who just did a little bit of Athletics to someone who now competes at NZ Championships and has won South Island Titles. The Athletics team is a family, and being involved with the team has allowed me to make great friendships at King's"

Duncan Trevithick, Year 10



"I have been a good athlete over the past couple of years and King's has certainly helped with this. There is a culture of success and enjoyment and the staff are always very organised. My passion for the sport has grown with the encouragement and support I have received from the staff. The Athletics team has been very successful over the past two years."

George Bates, Year 10

Selection

Application for the athletics team, is open to all who achieve a podium finish at the King's High School Athletics Day. There are other avenues that may be available in order to gain selection.

Application for the school's Cross Country team is open to all students. Selection is made by Mr Koedyk.

Athletics Meetings

- Otago Athletic meetings, held at the beginning of March.
- Otago/Southland Championships, held at the end of March.
- South Island Championships, held at the beginning of April.
- NZ Secondary School Championships, held at the beginning of December.

Cross Country Races

April	King's High School Cross Country
May	Logan Park Road Race
May	Caversham Road Race
May	Otago/Southland Championships
June	Otago Cross Country
June	NZ Cross Country

Equipment/Uniform Requirements

Competition singlets are provided. Students bring King's P.E. shorts.

SPORTS PERFORMANCE- YEAR 10 SUBJECT CHOICE

A Year 10 athlete 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.



"I have always thought of Athletics as an individual sport. Show up and run purely for yourself. But after being a part of the King's Athletics team for five years I have realized that it is the complete opposite. Each year at King's a large team of athletes are sent to the Otago/Southland, South Island and National Athletics Championships. At these competitions I have always strived to succeed, but it is the team spirit that I will always remember. Once you put your singlet on you're not running just for yourself, you're running for the entire team, the entire school. Aside from this the athletic opportunities open you up to a new level of sporting development as you get the chance to compete against the whole of New Zealand."

Sam Gouverneur, Year 13



KING'S HIGH SCHOOLS ATHLETICS PATHWAY

REPRESENTATIVE ATHLETICS PATHWAY

Year 11, 12 & 13

**New Zealand Secondary Schools
Athletics championships**

**South Island Secondary Schools
Athletics Championships**

**Otago/Southland Secondary Schools
Athletics Championships**

**Otago Secondary Schools
Athletics Championships**

**King's High School
Athletics Day**

Nationals

**Club Inter-
Provincials**

**Otago
Athletics
Team**

**Club
Meetings**

**Colgate
Games**

Club Athletics

**New Zealand
Age Grade
Representative
Team**

**Junior World
Championships**

**Youth World
Championships**

**Oceania Youth
Athletics
Championships**

New Zealand



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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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