



*Sports Prospectus*



Christchurch  
Girls' High  
School | *Te Kura  
o Hine  
Waioira*

## Sport for All

At Christchurch Girls' High School *Te Kura o Hine Waioira*, we believe that sport plays an important part in the holistic approach we have to education. Sport offers students valuable, transferable, lifelong skills.

Our sports programme caters for everyone from elite, experienced and competitive athletes through to enthusiastic novices. If you wish to develop skills, learn a new sport or simply have a go, there is a place for you.

We also offer a variety of sports. Opportunities abound in traditional sports such as netball, basketball and hockey but with over 30 sports on offer there is something for everyone. Why not give dragonboating, archery or fencing a try!

Christchurch Girls' High School *Te Kura o Hine Waioira* embraces excellence in sport. The school annually achieves national secondary school titles and a significant number of girls represent New Zealand in their sporting field. But success is also measured by those who choose to participate in sport for an active and healthy lifestyle or for personal enjoyment.





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## Our Commitment

Christchurch Girls' High School *Te Kura o Hine Waioira* commits to:

- encouraging participation in school sport
- achieving individual and team success at local, regional, national and international levels
- providing and improving quality facilities
- providing quality coaching
- being ethical and fair in all sporting endeavours.

We expect our students to represent Christchurch Girls' High School *Te Kura o Hine Waioira* with pride by:

- being a committed team member
- attending all practices and games; training well
- playing hard but fair; playing within the rules
- respecting the opposition and their supporters
- respecting the referees and umpires
- winning graciously; losing with dignity
- always wearing the full and correct sports uniform
- using appropriate, acceptable language.





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## Our Sports Departments

Head of Sport	Robin Brown	<a href="mailto:bwr@cghs.school.nz">bwr@cghs.school.nz</a>	3480849 ext 728
Sports Co-ordinator	Sarah Helmore	<a href="mailto:hes@cghs.school.nz">hes@cghs.school.nz</a>	3480849 ext 728

The following teachers are in charge of all sports:

AEROBICS	Mrs Peck	<a href="mailto:pks@cghs.school.nz">pks@cghs.school.nz</a>	LIFE SAVING	Mrs Pinkney	<a href="mailto:pim@cghs.school.nz">pim@cghs.school.nz</a>
ARCHERY	Mrs Wilson	<a href="mailto:wna@cghs.school.nz">wna@cghs.school.nz</a>	MULTISPORTS	Mrs Leech	<a href="mailto:leg@cghs.school.nz">leg@cghs.school.nz</a>
ATHLETICS	Mrs Boyd	<a href="mailto:bys@cghs.school.nz">bys@cghs.school.nz</a>	NETBALL	Mrs Brown	<a href="mailto:bwr@cghs.school.nz">bwr@cghs.school.nz</a>
BADMINTON	Mrs Otway	<a href="mailto:ots@cghs.school.nz">ots@cghs.school.nz</a>	ORIENTEERING	Mrs Earnshaw	<a href="mailto:ewl@cghs.school.nz">ewl@cghs.school.nz</a>
BASKETBALL	Mrs Brown	<a href="mailto:bwr@cghs.school.nz">bwr@cghs.school.nz</a>	POLO	Miss Beatson	<a href="mailto:bth@cghs.school.nz">bth@cghs.school.nz</a>
BOWLS	Ms Eder	<a href="mailto:edk@cghs.school.nz">edk@cghs.school.nz</a>	ROCK CLIMBING	Mrs Passchier	<a href="mailto:phs@cghs.school.nz">phs@cghs.school.nz</a>
CRICKET	Miss Beatson	<a href="mailto:beh@cghs.school.nz">beh@cghs.school.nz</a>	ROWING	Miss Helmore	<a href="mailto:hes@cghs.school.nz">hes@cghs.school.nz</a>
CROQUET	Ms Eder	<a href="mailto:edk@cghs.school.nz">edk@cghs.school.nz</a>	RUGBY	Miss Helmore	<a href="mailto:hes@cghs.school.nz">hes@cghs.school.nz</a>
CROSS COUNTRY	Mrs Burson	<a href="mailto:brh@cghs.school.nz">brh@cghs.school.nz</a>	RUGBY SEVENS	Miss Helmore	<a href="mailto:hes@cghs.school.nz">hes@cghs.school.nz</a>
CYCLING	Ms Olsen	<a href="mailto:orj@cghs.school.nz">orj@cghs.school.nz</a>	SAILING	Mrs Brown	<a href="mailto:bwr@cghs.school.nz">bwr@cghs.school.nz</a>
DRAGONBOATING	Miss Helmore	<a href="mailto:hes@cghs.school.nz">hes@cghs.school.nz</a>	SNOW SPORTS	Mrs Passchier	<a href="mailto:phs@cghs.school.nz">phs@cghs.school.nz</a>
EQUESTRIAN	Mrs Newell	<a href="mailto:nwl@cghs.school.nz">nwl@cghs.school.nz</a>	SQUASH	Ms Tutty	<a href="mailto:ttr@cghs.school.nz">ttr@cghs.school.nz</a>
FENCING	Ms Dixon	<a href="mailto:dxs@cghs.school.nz">dxs@cghs.school.nz</a>	SURFING	Mr Clare	<a href="mailto:crd@cghs.school.nz">crd@cghs.school.nz</a>
FOOTBALL	Mr Aaron	<a href="mailto:aaj@cghs.school.nz">aaj@cghs.school.nz</a>	SWIMMING	Mrs Brown	<a href="mailto:bwr@cghs.school.nz">bwr@cghs.school.nz</a>
GYM SPORTS	Mrs Lavelle	<a href="mailto:lve@cghs.school.nz">lve@cghs.school.nz</a>	TENNIS	Mrs Smith	<a href="mailto:smn@cghs.school.nz">smn@cghs.school.nz</a>
HOCKEY	Mrs Boyd	<a href="mailto:bys@cghs.school.nz">bys@cghs.school.nz</a>	TOUCH	Mrs Holmes	<a href="mailto:hop@cghs.school.nz">hop@cghs.school.nz</a>
INDOOR FOOTBALL	Mrs Brown	<a href="mailto:bwr@cghs.school.nz">bwr@cghs.school.nz</a>	VOLLEYBALL	Mr Bilsbury	<a href="mailto:blm@cghs.school.nz">blm@cghs.school.nz</a>
INDOOR NETBALL	Mrs Buckley	<a href="mailto:bks@cghs.school.nz">bks@cghs.school.nz</a>	WATERPOLO	Ms Pierce	<a href="mailto:pec@cghs.school.nz">pec@cghs.school.nz</a>





Sport	Term	Activities
AEROBICS	1, 2, 3	Girls train in teams or as individuals to compete in Gym Sports and NZCAF events.
ARCHERY	1, 2, 3, 4	Coaching held at CGHS throughout the year. Inter school events.
ATHLETICS	1, 4	School sports. Canterbury, South Island and National championships.
BADMINTON	2, 3	Inter school Wednesday competition.
BASKETBALL	2, 3	Inter school Friday night competition. South Island and National tournaments for senior A team.
BOWLS	1, 4	Inter school Wednesday competition.
CRICKET	1, 4	Inter school Wednesday competition. Regional tournament.
CROQUET	1, 4	Inter school Wednesday competition.
CROSS COUNTRY	2	School championships. Canterbury, South Island and National events.
CYCLING	2, 3	Inter school Wednesday competition. Canterbury, South Island and National events.
DRAGONBOATING	1, 4	Local, South Island and National racing. Seniors only.
FITNESS	1, 2, 3, 4	Fun fitness or specific sports fitness Tuesday and Thursday mornings.
EQUESTRIAN	1, 2, 3, 4	Inter school events throughout the year in show jumping, dressage & one day events.
FENCING	1, 2, 3, 4	Wednesday coaching at CBHS. Fencing competitions.
FOOTBALL	2, 3	Inter school Wednesday competition and National tournament.
GYM SPORTS	2, 3	Canterbury inter school championships.
HOCKEY	2, 3	Inter school and Club competition and National Federation Cup. A hockey club operates alongside the school.
INDOOR FOOTBALL	1, 4	Inter school Wednesday competition in social teams.
INDOOR NETBALL	1, 4	Inter school Wednesday competition in social teams.
LIFE SAVING	1, 2	Students work towards Royal Life Saving badges.

Sport	Term	Activities
MULTISPORTS	1, 2	Canterbury, South Island and National triathlon and duathlon events. Get 2 Go challenge.
NETBALL	2, 3	Inter school Wednesday and Saturday Club competitions. South Island tournaments. A netball club operates alongside the school.
ORIENTEERING	1, 2, 3, 4	Students participate in various events.
POLO	1, 4	Players enter secondary school events.
ROCK CLIMBING	1, 2, 3, 4	Inter school Wednesday competition.
ROWING	1, 4	Schools and club regattas. Maadi Cup - National secondary schools' regatta. A rowing club operates alongside the school.
RUGBY	2, 3	Inter school Wednesday competition. South Island Girls' rugby festival and other local events.
RUGBY SEVENS	1	Inter school Friday competition. National tournament.
SAILING	1, 4	Inter school regattas.
SNOW SPORTS	3	Canterbury and South Island championships.
SQUASH	2, 3	Inter school Wednesday competition. South Island and National championships.
SURFING	1, 4	Inter school Wednesday surf league. Learn to surf sessions may be organised.
SWIMMING	1, 2, 3	School sports in Term 1. Participation in Canterbury, South Island and National events.
TENNIS	1, 4	Inter school Wednesday competition. Participation in Canterbury championships.
TOUCH	1, 4	Inter school Wednesday competition. Super Touch team participates in Canterbury and South Island championships
VOLLEYBALL	1, 4	Inter school Monday volleyball. South Island and National tournaments.
WATERPOLO	1, 4	Inter school Wednesday competition. South Island championships.



## Uniforms, Support & Costs

### Sports Uniforms

The PE uniform is worn for interschool sport fixtures, unless a school owned uniform is issued (This occurs for most senior teams).

Some sports require you to purchase a specific uniform; rowing and netball are two of these.

The school tracksuit is recommended if you are representing Christchurch Girls' High School *Te Kura o Hine Waioira*. As well, a school rugby jersey and/or poly prop may be worn.

### Fitness and Training Support

Early morning fitness is available for all students on Tuesday and Thursday mornings. This includes circuits, fun fitness or more specific fitness tailored for different sports.

Students are also able to use the school weights room in their own time; they are required to have a prescribed programme which can be obtained from our Sports Coordinator.

### Sports Costs

Most sports have a cost associated with them. These are not part of school fees or donations.





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## Sports Colours

Sports Colours may be earned by girls from all year levels.

Full Colours, Gold Badges and Silver Certificates are awarded to students in the course of each year in recognition of their sporting achievements associated with the school.

Full Colours and Gold Badges are usually awarded to senior students but can be granted to junior students in exceptional circumstances.

Usually a student gains a Silver Certificate in the junior school, and progresses through Gold Badges and Full Colours in the senior school.

Full Colours are awarded for excellence and outstanding achievement, combined with a valuable contribution to the school through a group or activity.

Gold Badges are awarded for a very high standard of achievement, and for regular participation and attendance.

Silver Certificates are awarded to students who display good attitudes, are helpful and generally praiseworthy. They should show consistency, reliability, ability and responsibility in a particular sporting or cultural area.

New Zealand Colours are awarded to any student who has represented New Zealand in a sport/discipline. Apply to Mrs Brown. New Zealand Colours are presented at prizegiving.



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## Service

Coaches, managers and volunteers enable us to provide a wide variety of sports and programmes here at Christchurch Girls' High School *Te Kura o Hine Waiora*.

Students are also provided with the opportunity to develop leadership skills and give service to sport through coaching. Usually senior students take on this role as part of their service contribution towards Service Colours or Sporting Colours.

Coaching requires a number of different roles at different times: teacher, role model, motivator, scientist and counsellor.

Student coaches are guided by the Sports Department to develop the skills they will need. Coaching allows students to keep actively involved as life long learners.





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[www.cghs.school.nz](http://www.cghs.school.nz)