



**Te Kura Tuarua o Horomaka**  
**Hillmorton High School**

# **Horomaka Sports Handbook 2025**

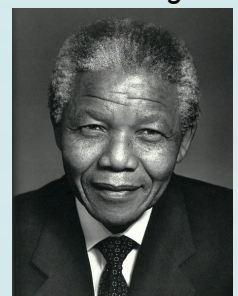
*Play and Excel*



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*“Sport has the power to change the world...it has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than governments in breaking down racial barriers.” Nelson Mandela*



## Welcome

Sport is a key part in the lives of our students; the lessons learned in sport are invaluable for personal development.

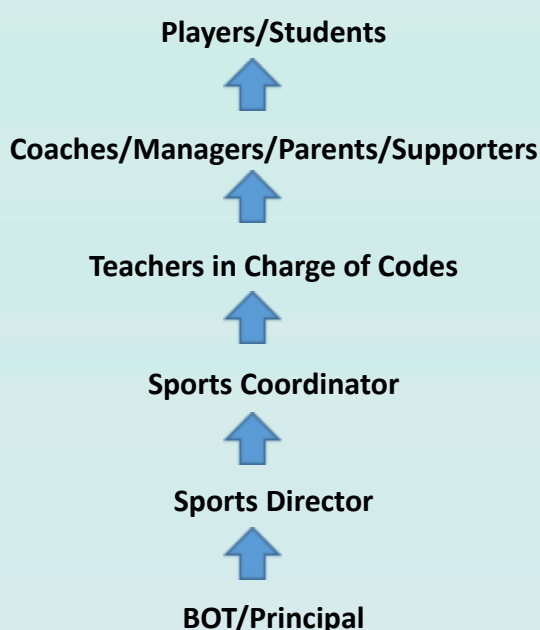
Horomaka Sport programmes are designed to help students 'play and excel' by developing:

- a love of sport and healthy living
- strong and enduring friendships
- specific skills and specialist knowledge
- a commitment to personal sporting excellence

A huge thanks to the many staff who are involved with the various sports teams we have at Hillmorton. Our students are fortunate to benefit from the time and effort each of you put into either coaching and/or managing teams/codes.

The role of the Horomaka Sport Committee is to support the staff and the many participants.

### Structure of Horomaka Sport



The committee is here to develop Programmes, Pathways and Partnerships that empower young people and local communities. Sport contributes to the character development of our students by bringing to life our school values.

We have an emphasis on Whanaungatanga, Turangawaewae, Ako and Mana for opposition, coaches, parents, supporters, grounds staff and cleaners.

The committee meets once a month. (Chair Matt Sharr, Sports Coordinators Dilshan Muthunaidelage and Emilie Mortimer, Matt Parfitt BOT rep, Sam Ainsworth SLT rep, Dave Langrell community rep, staff reps Mel Ruscoe and Sam Janssen - HOD PE/Health).

## Sports Department

Sports Director: Matt Sharr  
[Sharm@hillmorton.school.nz](mailto:Sharm@hillmorton.school.nz)

Sports Coord. Yr 9-13 : Dilshan Muthunaidelage  
[muthunaidd@hillmorton.school.nz](mailto:muthunaidd@hillmorton.school.nz)

Sports Assistant Coord- Yr 7-13  
[diederichg@hillmorton.school.nz](mailto:diederichg@hillmorton.school.nz)

Sports Coord. Yr 7-8 : Emilie Mortimer  
[lefebvree@hillmorton.school.nz](mailto:lefebvree@hillmorton.school.nz)

## Sports Organisations

Most of the School sports activities we participate in are those associated with:

School Sports Canterbury - <https://www.canterbury.schoolsport.org.nz/>

The School Sports Canterbury app is available from the app store, **SchSport Cant.**

## Sports Council

Sports department selects the sports leaders each year and students are given the opportunity to apply to be a member of the Sports Council. Sports council will,

- Promote house spirit and Turangawaewae in the School
- Promote healthy competition and sportsmanship
- Organise Whanau events for a wide range of students to excel
- Be role models for younger students by upholding our values
- Opportunity for students to learn and lead
- Assist in the Sports Office whenever possible
- Promote participation in sport around the School
- Provide lunchtime activities that allow student participation and enjoyment

Year 7-13 are welcomed to apply to be a member of the Sports Council. For more information

Contact the Sports Office. **Signup sheet-** <https://forms.gle/YBfbQtDrtSrJaHBF8>



## Code Of Conduct

Horomaka Sport endorses the Fair Play Charter of New Zealand as part of its school sports policy. To ensure Horomaka Sport's reputation is maintained on and off the field all students, coaches, managers, parents & supporters must adhere to the following code of conduct.

### **'PLAY and EXCEL'** **Horomaka Sports Code**

- To make sport enjoyable and rewarding.
- To compete to the best of our ability with enthusiasm and fairness.
- To respect the rules which govern the game and play by those rules on all occasions.
- To accept and respect the role of the official always and to abide by decisions they make.
- To respect the mana of our opponents and their supporters.
- To value the spirit of fairplay and to accept victory and loss with respect and dignity.

#### **A Horomaka Student/Player will:**

- Attend all trials, practices and meetings.
- Arrive at games at the agreed time.
- Play the game competitively, to win within both the spirit and the letter of the rules.
- Accept and conform to all rulings by game officials.
- Refrain from any conduct that in the opinion of the game officials render a player unfit to continue to play the game.
- Be supportive of team members, coaches and officials.
- Wear your school uniforms and colours correctly and with pride.
- Take care of and respect ALL equipment.
- Pay fees by the required date. If there are problems, contact the Sport Director in advance.
- Behave in an acceptable manner demonstrating fair play behaviour at all times in accordance with this Horomaka Sport Code of Conduct and our school values.
- **Min 80% attendance aiming for above 90%**

#### **A Horomaka Coach will:**

- Be a role model so as to inspire confidence.
- Be reasonable in their demands on players.
- Enhance and encourage the skill and performance of their team.
- Praise and encourage good performance.
- Be respectful of their team and opposition's ability as players.
- Be firm and fair.
- Encourage adherence to this Horomaka Sport Code of Conduct and our school values.

#### **A Horomaka Manager will:**

- Be a role model to inspire confidence.
- Be responsible for sound management and well-being for the good of their team.
- Encourage the wearing of team uniforms correctly at all times.
- Be supportive of Players, Officials and Supporters.

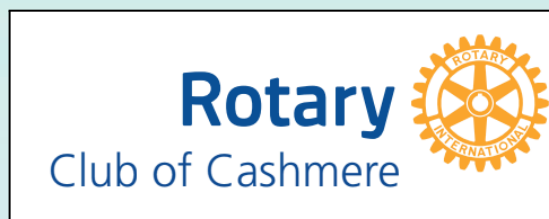
- Encourage adherence to the Horomaka Sport Code of Conduct and our school values.

### A Horomaka **Supporter** will:

- Encourage all participants to play within the rules of the game.
  - Applaud the performance of **both** teams.
  - Be positive with the officials & acknowledge their efforts.
  - Let the players play their game, not your game.
  - Praise efforts, not results.
  - Display self-control on the side-line & set an example for the players.
  - Use appropriate and acceptable language.
  - Remember that nearly all coaches/officials and administrators are volunteers.
- **Students, managers and coaches** need to sign a contract about these expectations.
  - These forms are issued by the Sports Coordinator (a separate form is available) along with the police vetting information for outside coaches.
    -
  - *This will all be included in a coaches/managers backpack.*

### Health and Safety

- *Handbook* ☐
- *Contract of Expectations* ☐
- *Police Vetting forms (outside coaches)* ☐
- *Clothing items available to staff/coaches* ☐





## Sports Registration Process

Sports registrations are completed online using Google forms. You can find these forms on the Hillmorton High School website, Horomaka Sports facebook page at various times of the year. These forms will also be emailed to all students at the start of the year. Registration dates for summer and winter sports codes will be advertised on the student notices, students are encouraged to check these regularly.

### Orientation day - Start of the Year

Students are welcome to come into the gym to sign up for sports or to ask any questions you might have.

- There will be chromebooks there for you to fill out a google form.
- The form will look like this
- **Year 10-13 Students** - <https://forms.gle/JZ3HmifUnT39oRBf9>
- **Year 9 Students** - <https://forms.gle/bkVeT5VP9io9Wtre8>
- Once you have filled out the form you are signed up.

Teams will be informed once registrations are closed. Selection into top teams will be based on trials and previous playing years and commitment.

## Sports Overview

**Summer** - Sports are played Terms 1 and 4 with Summer Tournament Week near the end of Term 1.

**Winter** - Sports are played Terms 2 and 3 with Winter Tournament Week near the end of Term 3.

### Key Dates for 2025

HHS Top Team Whanau event	Feb 11	Winter Tournament week	Aug 25
Summer Sports Term 1 begins	Feb 17	Sports Awards	Oct
HHS Athletics Sports	Feb 27	Sports Exchange	TBC
Summer Tournament week	March 24-28		
Co-ed Schools Tournament	April 10		
HHS Cross Country	May 16		
Sports Photos	Aug 14-15		

## Sports On Offer

<i>Summer (Term 1 &amp; 4)</i>	<i>Winter (Term 2 &amp; 3)</i>	<i>All Year</i>
Athletics	Basketball	Weights Club
Cricket	Badminton	Road Cycling
Futsal	Football	E-Sports
Indoor Netball	Hockey	Adventure Racing
Rugby Sevens (Term 4)	Netball	Active Wahine
Ki O Rahi	Rugby	Girls Group
Korfball	Table Tennis	Badminton/Table tennis Club
Mountain Biking	Dodgeball	Sailing
Rowing	Cycling	
Softball		
Ultimate Frisbee		
Touch Rugby		
Tennis		
Volleyball		
Rock Climbing		
Canoe Polo		



## Sports Information

- Please note the information below may change during the year, and costs indicate approximate only.

### Athletics - Term 1 & 4

**Teacher in Charge** - Mr. Dilshan

**Subs** (est): per event

**Venues** : HHS, Nga Puna Wai

**Uniform:** PE uniform, issued singlet

**Tournaments** - CCS, SISS, NZSS

**Club** - Awatea Athletics

### Badminton - Terms 2 & 3

**Teacher in Charge** : Miss Diederich

**Subs** (est): \$60

**Playing Day/s:** Wednesday

**Venues:** Various

**Uniforms:** PE uniform

**Tournaments:** CCS, SISS, NZSS

### Basketball - Competitive - Term 2 & 3

**Teacher in Charge:** Dave Langrell/Mr. Dilshan

**Subs** (est): \$170 Boys teams, \$110 Girls

**Trials:** Feb/March

**Teams:** U13 Boys/Girls, U15 Boys/Girls, U17 Boys, Senior Boys/Girls

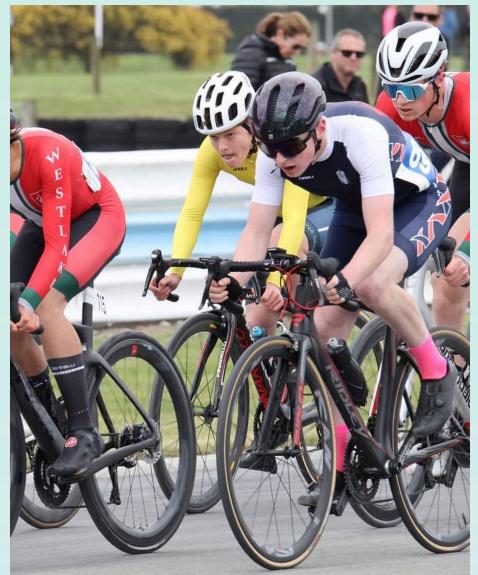
**Playing Day/s:** Tuesday nights & Saturday

**Venues:** various gyms

**Uniforms:** issued uniform

**Tournaments:** SISS Jnr & Snr, NZSS

**Cost (est):** \$704 before fundraising



### Basketball - Friday Night Social - Term 2 & 3

**Teacher in Charge:** Mr. Dilshan

**Subs** (est): \$70

**Playing Day/s:** Friday nights

**Venues:** Various gyms

### Road Cycling/Mountain Biking

**Teacher in Charge:** Mr Dilshan

**Subs (est):** \$40

**Playing Day/s:** Wednesday

**Venues:** Tai Tapu/Halswell Quarry



**Uniforms:** Issued singlet

**Uniforms :** Own/issued

### **Cricket - Term 1 & 4**

**Teacher in Charge:** Mr G Dann/Mr J Jarvie

**Subs (est):** \$30

**Uniforms:** Issued top, own pants

**Tournaments:** NZCT, Gillette Cup

**Cost (est):** \$25

### **Futsal - Term 1 & 4**

**Teacher in Charge:** Mr Jarvie

**Subs (est):** \$70

**Uniforms:** PE uniform

**Playing Day:** Wednesday

**Venues:** Nga Puna Wai

### **Football - Term 2 & 3**

**Teacher in Charge:** Mr S Janssen (Boys) Mr J Jarvie (Girls)

**Subs (est):** \$60(Jnr), \$120 (Snr Girls & Boys)

**Trials:** Feb/March

**Teams:** Jnr Boys/Girls, Snr Boys/Girls Premis

**Uniforms:** Issued

**Venues:** various fields, CFC and English Park

**Tournaments:** CSS, NZSS

**Cost (est):** \$275 before fundraising (Boys) \$630 before fundraising (Girls)



### **Hockey - Term 2 & 3**

**Teacher in Charge:** Miss L Owen

**Subs (est):** \$180 including turf hire

**Teams:** 1st XI Girls/Boys, Jnr Boys/Girls

**Uniforms:** Issued

**Venues:** Various

**Playing Day/s:** Monday

**Tournaments:** NZSS Tier 4

**Cost (est):** \$794 before fundraising (Girls)

\$660 before fundraising (Boys)



### Indoor Netball - Term 1 & 2

**Teacher in Charge:** Miss Diederich

**Subs (est):** \$100

**Playing Day:** Wednesday

**Venues:** Various Gyms

**Uniform:** PE Uniform

### Rugby 7s - Term 4

**Teacher in Charge:** Miss Diederich

**Subs (est):** Pay per event

**Playing dates:** Various tournament in Term 4

**Uniform:** PE Uniform

**Tournaments:** SISS, Crusaders Carnival

### Ki O Rahi - Term 1 & 3/4

**Teacher in Charge** - Mrs L Naylor/Mr M Marsh

**Subs (est):** \$0

**Playing Day:** Tuesday

**Teams:** Juniors, seniors

**Venues:** Hoon Hay Park

**Uniform:** PE Uniform

**Tournaments:** Waitaha Kī-o-Rahi Regionals

**Cost:** \$0



### Korfball - Term 1 & 4

**Teacher in Charge:** Suzie Sauer/Mr Dilshan

**Subs (est):** \$90

**Playing Day:** Friday

**Venues:** Nga Puna Wai

**Uniforms:** PE/Singlet issued

**Teams:** Jnr, Snr

**Tournaments:** MIXX SISS Jnr & Snr

**Cost (est):** \$25-\$30





## Netball - Term 2 & 3

**Teacher in Charge:** Netball Committee

**Subs (est):** \$60 Wednesday, Saturday \$120

**Playing Day/s:** Wednesday, Saturday

**Venues:** Various courts (Wednesday) Hagley (Saturday)

**Teams:** U13, U14, U15, U17 and Senior

**Preseason:** Early Feb

**Trials:** Feb/March

**Uniforms:** Issued

**Tournaments:** SISS Jnr and Snr

**Cost (est):** \$80 Jnr, \$400 (Snr)



## Rowing - Term 1 & 4 (Starts end of Term 3)

**Teacher in Charge:** Miss L Manson

**Subs (est):** per event

**Playing Days:** Club Competitions

**Uniforms:** Issued

**Tournaments:** Regatta

**Cost (est):** \$200

## Canoe Polo - Term 1 & 4

**Teacher in Charge:** Mr Dilshan

**Subs (est):** \$15 to hire any equipment

**Venues:** Lake Rua, Roto Kohatu

**Day/s:** Wednesday

**Uniforms:** Own or hired

**Tournaments:** SISS, NZSS

## Rugby Boys & Girls - Term 2 & 3

**Teacher in Charge:** Ms Ruscoe, Mr Sharr

**Subs (est):** \$95 (including Photo) \$175 (1st XV)

**Playing Day/s:** Saturday. Starting 18th May.

**Venues:** Various

**Uniforms:** Issued

**Teams:** U12, U13, U15, U18, 1st XV

**Pre Season starts:** Early Feb



### **Touch Rugby - Term 1 & 4**

**Teacher in Charge:** Mr M Marsh, Mr Forward

**Subs (est):** \$60

**Playing Day:** Wednesday

**Venues:** Various

**Uniforms:** Singlet issued

**Tournaments:** CCS, SISS, NZSS

**Cost (est):** \$30

### **Volleyball - Term 1 & 4**

**Teacher in Charge -** Mr M Sharr

**Subs (est):** \$70

**Playing Day:** Monday

**Venues:** Various Gyms

**Uniforms:** Issued

**Teams:** Yr 9 Girls/Boys, Y10 Girls/Boys, senior Girls/Boys

**Tournaments:** CSS Jnr & Snr, SISS Jnr & Snr, Nationals

**Cost -** \$35-\$40 Mainland and Canterbury

### **Table Tennis - Term 2 & 3**

**Teacher in Charge:** Mr Dilshan

**Subs (est):** \$50

**Playing Day:** Wednesday

**Venues:** Canterbury Table tennis Centre

**Uniform:** PE Uniform

**Tournament:** CCS

**Cost (est):** \$25



### **Tennis - Term 1 & 4**

**Teacher in Charge:** Mr Dilshan

**Subs (est):** \$50

**Playing Day:** Wednesday

**Venue:** HHS, Spreydon Tennis Club

**Uniform:** PE Uniform

**Tournaments:** CCS, SISS



### **Ultimate Frisbee - Term 1 & 4**

**Teacher in Charge:** Mr R Galway/Ms S Taylor

**Subs (est):** \$50

**Playing Day:** Wednesday

**Venues:** Hagley Park

**Uniform:** PE uniform

**Tournament:** SISS





### **Weights Club - All Year**

**Teacher in Charge:** Mr C Power/Ms S Taylor

**Subs (est):** \$80 full year Gym pass. \$20 per term

**Days:** TBC

**Venue:** HHS Weights Room

**Uniform:** Own



### **Rock Climbing - All Year**

**Teacher in Charge:** Mr Dilshan

**Subs (est):** \$90 per term or \$10 each session

**Venue:** YMCA Adventure Centre/ Roxx

**Day:** Tuesday

**Uniform:** PE Uniform, subs include shoes, harness hire.

### **Dodgeball - Term 2 & 3**

**Teacher in Charge:** Simon Harrison

**Subs:** Gold coin each session

**Venue:** HHS

**Day:** Thursday

**Uniform:** PE Uniform

### **Adventure Racing - All Year**

**Teacher in Charge:** Miss L Manson

**Subs (est):** pay per event

**Uniform:** PE uniform

**Events:** SISS Adventure Racing, SISS Orienteering, Get 2 Go Challenge



### **Active Wahine - All Year**

**Teacher in Charge:** Miss G Diederich

**Subs:** \$0

**Uniform:** Own Activewear

**Venue:** Pioneer

**Day:** Wednesday



**Note:** All trainings, trial dates will be communicated by the TIC or the Sports Coordinator. Please ensure to check emails and student notices.

## Transport

Currently we provide transport to most of our teams during the week. Weekend sports such as basketball, rugby and netball are responsible for their transport to and from games. With our School sport growing if parents are able to help provide transport for their child's team please contact the sports office or the team manager.

## Whole School Sports Yr 7-13

### Middle School Swimming Sports

Swimming sports is held in Term 4 over one day at the Te Hapua, Halswell Pool. Students are encouraged to participate. Sign up forms will be available during Whanau time. Parents are more than welcome to come check it out! There's a number of competitive and novelty events where students can earn house points. Top swimmers from the day will be selected to compete at Canterbury School Champs.

### Athletics Sports

Athletics is held in Term 1 (**27th Feb**) over one day at Nga Puna Wai Sports Hub. Students are expected to meet at the stadium and are expected to make their own way home. Students are encouraged to participate. Registrations will be online, these forms will be available during Whanau times. Top Athletes from the day will be selected to compete at Canterbury School Champs.

### Cross Country

The School Cross Country is held during Term 2 (**16th May**) over half a day at Hoon Hay Park. This event is for participants only. Students will meet in their Whanau groups and will walk over to the park. The course is a 3km loop. Sign up forms will be emailed to all students and will also be available during whanau times. Top athletes from the day will be selected to compete at the Canterbury Schools Road Race and Cross Country Champs.

### Whanau Competitions

During the year we have Whanau house competitions such as Korfbal, Volleyball, Football, Multi Sport etc. These competitions are held during Whanau time, first break and second break. Competitions are broken into two grades, middle School and Senior School. Sign up for teams are organised by the Whanau leaders during Whanau time. Dates and draws will be announced on School notices and social media.

## Sports Uniform

All uniforms are to be issued through the Sports Office. Any new items need to be approved by the Horomaka Sports Committee. There will be no exceptions to this, no mufti is to be worn by team members representing Hillmorton. **No uniform No play.**

It is students responsibility to take care of the uniforms that's provided by the sports office and return them at the end of the season. Students failing to return their uniforms will be invoiced for the cost of replacement.

**Sponsorship on apparel:** any sponsors outside the existing sponsors need to be granted by the Sports Committee.

### Horomaka Sports Merch

Currently Horomaka sports are working on brand new Sports merch with our new School colours and design. These will be ready for the Winter season. Keep an eye out for the new Sports merch!

**Sports Levy:** Each student is charged **\$10** levy to cover the expenses of facility management. This Fee will ONLY be charged once NOT per Sport.

The sports coordinator will set up team lists and notify the student office of the charge that needs to be made against this list. Please check with the Sports Coordinator of the cost for the activity. The school has a policy of **NO PAY, NO PLAY**. Therefore, cut off dates will be issued at the beginning of each season.

Teachers in charge of codes need to ensure that your fees are up to date on the registration forms and on the website (Sports Coordinator to assist).

**Any budget requests need to be put through to the Sports Director.**

All students going on trips throughout the course of the year must have paid the amount before going. For example South Island, National and International (must be self-funded) travel.

**Hardship Funding:** See the principal or Sports Director if members of your team are unable to pay to play.

### Funding for gear, students or trips

**Application for Grant Funding from Trusts and Foundations:** Proposals for these must come through the Horomaka Sport Committee, these are then passed onto the EO (Executive Officer). They must be lodged at the beginning of each year. In addition to these two quotes must be arranged.

## Sponsorship

All current and potential sponsorship must be coordinated through the Director of Sport. Currently, we have Gold and Silver 3-year sponsorship packages.

Applications for these funds need to be submitted to the Director of Sport and the decision is made by the Horomaka Sport Committee.

### Contact Us

**Sports Director** - Matt Sharr

Email: [sharm@hillmorton.school.nz](mailto:sharm@hillmorton.school.nz)

**Sports Coordinator Yr 9-13** - Dilshan Muthunaidelage

[muthunaidd@hillmorton.school.nz](mailto:muthunaidd@hillmorton.school.nz)

**Sports Coordinator Yr 7-8** - Emilie Mortimer

Email: [lefebvree@hillmorton.school.nz](mailto:lefebvree@hillmorton.school.nz)

**Sports Assistant coordinator Yr 7-13** - Gemma Diederich Email: [diederichg@hillmorton.school.nz](mailto:diederichg@hillmorton.school.nz)

**Phone** - 03 3385119 ex: 854

**Website:** <https://hail.to/hillmorton-high-school/publication/QB1FPI8>

**Facebook :** <https://www.facebook.com/HoromakaTigersSport/>

**Instagram:** @hillmortonhighsports, horomaka\_ballers, Horomaka.netty, HHS Football, Hillmorton Hockey, Horomaka Tigers Rugby, Hillmorton outdoors.

