



SCC SPORT



April 2017

Welcome to the first sports newsletter of 2017

What a fantastic start to the year, so many achievements from winning the first CSW Aquathon, Representing Wellington in many sports, hosting the Girl Zone Athletics and having all our sports registrations now online.

We have had students selected for NZ teams, Wellington Volleyball, Netball, Basketball and Athletics teams, winning and placing in regional and national events. The list goes on. Our students have achieved some great things this term, success is contagious! I look forward to a good year ahead.

At the end of last year I set up a student sports committee and SCC Sports Council, we will be meeting up in term two to put a plan together for this year and what we want to achieve. If the SCC Sports council is something you wish to be part of please send me an email, all help is appreciated. sport@scc.school.nz.

Last year the SCC Sports Council helped with the following:

- Online registrations
- Writing a strategic plan and policy

Our SCC Student Sport Committee will meet in term 2 and discuss what our students want to see within sport at SCC.

Sport plays a major part of life as a student at SCC with 71% of our students participating in sport last year. Let's try and make it as fun, fulfilling and as competitive as we can.

Te Aro Physiotherapy at SCC



I'm really excited to announce that we will have a free physio service at school for two hours every week from next term. Jason Cheng is offering his services to our students, as he really cares about the recovery of our athletes and the prevention of injuries. In week 2 Jason will run a session on injury prevention, which will be open to all of our students, coaches and any interested parents. If you would like to attend this session please send me an email. sport@scc.school.nz

All bookings will start in week three and I will run the bookings, so you will need to come and see me, give me a call or send an email to make a booking.

I cannot thank Jason and his team enough, this is something I have wanted since starting at SCC and I'm really proud that we are going to be able to make this happen.

From the Te Aro team.

The Team at Te Aro Physiotherapy & Pilates are all excited to be working with the students and staff at St Catherine's this year. We strive for excellence in all aspects of our care and our main goal is to get you back on your feet and back to school, the sports field, the dance floor or just back to pain-free living.

We offer a range of services, including pain diagnosis and tailored recovery programmes.

For more information check out our website and FB page (<http://tearophysio.co.nz/>) @tearophysio. Give us a call: 04 384 6460 or flick us an email: tearophysio@xtra.co.nz."



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facebook/tearophysio



instagram.com/tearophysiotherapy



Facebook Page

St Catherine's College, Kilbirnie, Wellington - We have created a SCC FB page to celebrate all the things our SCC students are doing. This page is to let our community know what our students are competing in from Hockey to Handball, Rugby to Netball. If a student is competing provincially or nationally or even in the international stage, we have a few of them, please send me a photo and let me know how she got on so we can celebrate them. Please share this Facebook page with Family and Friends.

Notice of Achievement



I want to make sure we get to celebrate all the successes our students have on the sporting stage. So please email me at sport@scc.school.nz any progress of achievements of teams and individuals.



ACC SportSmart

ACC have introduced a new standard this year to warm up, to help in the prevention of injuries in sport. I want all our coaches at SCC to complete the course. If you are interested please let me know and I'll send you all the relevant information. This course is FREE!!!

sport@scc.school.nz

Introducing 2017 Sports Captains

Talofa and warm greetings to you all,



Hi my name is Priscilla Solo and this year I am honoured and privileged to be the Sports Captain for 2017 sharing this role with my good friend Ciara Moriarty. This term has been full on with getting the girls to register, organising athletics and also relay for life. It definitely kept me and Ciara on our toes.

Being a Sports Captain isn't easy, especially at the start of the year when my co-captain Ciara was overseas on exchange in France. The first week was hectic, I was told that I had to talk in front of each house to explain what me and Ciara's role is, and also I had to talk to the year 9's for the sports orientation. If you don't know me well, I'm a very shy person and I really don't talk in front of large crowds. But that all changed. I figured that if I want to become a better leader, then I'll have to step my game up. This role has made me a more confident person. It has made me realise that nothing is easy, for example the only way to get better in your sport or sports is to go through the hard road and train hard.

So far, our year has been amazing with all the representatives and all the sport activities we've run. But it wouldn't be amazing without our Sports coordinator Kylie Tuffery. She has made our role more comfortable, throughout this term I notice that it's not easy organising sports teams, getting equipment, managing teams, finding coaches and so much more. But with her help me and Ciara's role has been much better and enjoyable.

Myself and Ciara would like to thank all the coaches, managers and parents who have already helped out with our sports teams this term. Thank you so much, because we know it's very hard to take time off from your busy schedules. We look forward in working with the girls to develop their skills in sports this year, so they can strive for the best and make those top teams.

All the best to all girls participating in any sport this year!

Priscilla Solo



Hi my name is Ciara Moriarty and I am very proud to be co-sports captain along with Priscilla Solo this year. The sporting year started off well with a successful athletics day. Congratulations to Caitlin Hunter, Bernadine Solo and Ella Moemai who were this year's athletics champions for their age group. Also a huge congratulations to all the girls who competed in Girl Zones athletics especially Priscilla Solo, Bernadine Solo, Jemma Ah-nau and Esther Kozyniak who have just competed in the north island event representing Wellington.

I really enjoyed helping to organise this year's Relay for life. We raised around \$2500 for the NZ Cancer Society. Thanks to Mr Palamo for helping out and giving up his time, without him this event could not have happened. Also to the teachers and parents who came to supervise especially those who came in the early hours of the morning.

Summer sports has now finished. Thanks to all the coaches and managers for allowing these teams to happen. Congratulations to the floorball team for winning their competition as well as the Dragon Boating team who came second in the B grade competition. Well done to all of the other teams who competed and gave it their all this summer sports season. I can't wait for the winter sports season to begin.

Overall I have really enjoyed this leadership position so far this year as it has enabled me to take part and help out with many sporting events such as the house volleyball, which was enjoyed by all and I am looking forward to the numerous events coming up next term!

Ciara Moriarty

House Volleyball

The House Volleyball was the second house competition this term after Athletics Day and it was another fierce battle. It was awesome to see so many students in the gym representing their House or cheering them on. There were so many girls, from Y9 to Y13 who all wanted to play for the chance to be the Volleyball Champions that there had to be a roster to ensure everybody got game time. St. Anne's won every game and took the House Volleyball title. St. Bernies were second, St. Joan's third and in contrast to their win at athletics day, St. Theresa's came forth. This leaves St. Bernies at the top of the house points table at the end of Term 1 after two second places.

Girl Zone Athletics

Firstly I would like to thank our year 13 helpers who did a fantastic job as hosts of this years girl zones. I received so any compliments from other school about how great you all were, thanks for all your hard work you did SCC proud.



To our Athletes competing at Girl Zones, you all went out and represented SCC with pride. Our results were amazing, we won five events that day, SO IMPRESSIVE.

Girl Zones Results

Esther Kozyniak – 1st 1500m's, 3rd in 800m's

Jemma Ah-Nau – 1st in Discus, 2nd in Shot Put

Priscilla Solo 1st in 100m Hurdles, 2nd in triple jump

Bernadine Solo – 1st 80m's hurdles, 2nd in high jump

Caitlin Hunter – 1st Javelin

Placing 7th college over all above both Marsden and QMC.



Regional Results

Jemma Ah-Nau – 2nd in Shot Put

Priscilla Solo 1st in 100m Hurdles, 3rd in triple jump

Bernadine Solo – 1st 80m's hurdles, 2nd in high jump

Congratulations to Esther, Jemma, Priscilla and Bernadine who have been selected to represent Wellington at the North Island Champs.



Dragon Boating Festival

The cold and wet conditions on Wellington Harbour did not deter the St Catherine's team 'Nga Taniwha' at this year's Wellington Secondary Schools' Dragon Boating festival. The team soldiered on through heavy rain to take home a silver trophy for their grade. Schools from around the Wellington region gathered for a day of racing which began early in the morning and continued on through to the late afternoon. The SCC girls showed excellent teamwork and a positive attitude which helped them gain second place in a very close final. Thank you to all of the staff, family and friends who came along to support Nga Taniwha!



A massive thank you to Ms McGuinness who put in a lot of work in organising the Dragon Boating for 2017. We appreciate all your hard work in organising us at trainings and also in being the main reason we were able to reduce the costs, through fundraising. Thanks for being our biggest support on fun day and race day, even though it was a little wet! Without you it wouldn't of been possible, so on behalf on the team a massive, massive thank you.

Anna Price and team

Basketball

SHIFT at SCC – ‘Have a go Basketball’

This term we have had the SHIFT team from the WCC come and run some ‘have a go basketball’ sessions. These have been a real success, students have loved it. In term 2 they will be running 4 weeks of ‘have a go Dodgeball’. This is open to ALL students to come along and give it a go for fun. The next ‘Have a go’ sport will be decided by what the students’ want to try.



Basketball Training with Kenny McFadden

We were very fortunate that Aaron Tait-Jones, our basketball coach, was able to organise, the legend, Kenny McFadden to come and take our first team training. What a great way to start the season.



All Basketball trainings are open to ALL students who want to come along and join in, you do not need to register to just join in with the trainings.

Where: SCC School gym

When: Every Tuesday after school

Time: 3.30pm-5pm.



Team Wellington Football Club



A big thank you to the team at Wellington Football and the Junior Development Officer, Cole Peverley running a training session for our football and futsal players, great fun had by all.

Floorball



This terms senior girls floorball team were a very dedicated and hardworking team, showing great teamwork. Throughout the term we came across very aggressive and challenging teams, yet we managed to show them our best. We won majority of our games with a few draws. Though we are a social team we ended up getting very impressive results. We won almost all our games with only 2 draws. To our surprise we made it to the Finals. This is where the pressure and nervousness really set in, but at the same time we were thinking 'ohh we'll be fine' as the last ime we played Bishop Viard, we won 6-0.

When it came down to the actual day of the Finals we noticed that their defense was suddenly very impressive. After a hard game of pushing ourselves to the limit ,we ended up winning 2-0 which meant we came 1st in our grade. Returning back home proud with medals around our necks, a fantastic way to end the season.

Shayal Ram

Also a big thank you to Shayal Ram who saw that the Junior Floorball team needed some guidance, so stepped in and managed and coach this team. Thank you so much for your time and effort you showed the juniors, it is very much appreciated.



Dates for next Term

Senior A Netball

Grading Round starts: 29th of April
No Netball: Queens Birthday weekend , 3rd of June
Final Game: 2nd of September
LNISS: 3rd-8th September

Senior B, C, Junior A, B and C Netball

Grading Round starts: 13th of May
No Netball: Queens Birthday weekend , 3rd of June
No Netball: July School Holidays 15th and 22nd of June
Final Game: 26th of August

Football, Hockey, Rugby, Basketball and Badminton

All games and training start the first week of term 2.

Swimming

North Island Secondary School swimming Champs

When: 13th of May

Where: Palmerston North

Entries Close: 5th of May

If you are interested in entering this event please send me an email, I will send you the entry information. Sport@scc.school.nz

Cross Country

Wellington Schools Cross Country Relays 2017

When: 10th of May

Where: Karori Park

Entries Close: 5th of May

If you are interested in entering this event please send me an email. Sport@scc.school.nz

Sports Uniform

This year , we will be introducing a Uniform Bond of \$30.00. This will need to be paid before uniform will be issued. Once the uniform is returned in a good condition \$20.00 of the bond will be reimbursed.

Cost of missing Sports Uniform

Please make sure when you have finished with your sports uniform you bring it straight back to the office. Too much of my time is spent chasing uniforms to be returned. I need these uniforms to be returned promptly so I have uniform for the next lot of teams that need them.

Training tops

We have a new training top that can be purchased through myself. I will be taking orders at the beginning of Term 2. Below is a photo of the Senior A's with their tops on.



Our SCC Representatives 2017

Recent Achievements



Tahndae Wyatt – Handball

Tahndae is part of the NZ Women Handball team, hopefully she will be teaching some of our juniors the skills she has learnt.



Alaynah Bettany – Surf Life Saving

Alaynah has recently been selected for the NZ Youth Squad, this is a great achievement.



Loredana Unsworth

Loredana competed in the 2017 Oceans Event – Under 14 Surf Life Saving NZ National Champs. She placed in the following events.

7th in the Run Swim Run

5th in the Surf Race (Swim Race)

4th in the Board Rescue (2 person event with one swimmer and one rescue boarder)

3rd in the DIAM – Swim/Run/Board/Run



Marina Comesky

Marina recently competed in the CSW Aquathon where she won the Under19 Girls Champs, winning the Kate McIlroy Trophy, fantastic work Marina.

Marina was selected as reserve for both the New Zealand Schools test team (against Australia) and the New Zealand Junior Worlds team (so she'll be heading to Finland in July if someone gets injured!)



Bernadine Solo - Athletics

Bernadine has been selected in the Wellington Athletics team, she will be competing in 80ms Hurdles which she won at Regionals and the High jump.



Priscilla Solo - Athletics

Priscilla has been selected in the Wellington Athletics Team, she will be competing in 100ms Hurdles which she won at Regionals and the triple jump.



Isabella Tait-Jones - Basketball

Isabella has been selected to be part of the 2017 Wellington Under15 Basketball Representative team, great skills Isabella!



Esther Kozyniak – Athletics

Esther has been selected in the Wellington Athletics team. Esther will be competing in the 1500m's and 800m's, do us proud Esther.



Jemma Ah-Nau - Athletics

Jemma has been selected in the Wellington Athletics team, competing at North Islands. Jemma will be competing in shot put and discus.



Aleida Powell - Football

Aleida was part of the National Football Talent Camp. Congratulations Aleida we look forward to hearing your results in the future.



Sophia Higgs – Volleyball and Netball

Sophia has been selected by Wellington volleyball to be part of the Talent ID Squad. The specialist training Sophia will receive will be amazing, this can only strengthen our Volleyball at SCC.

Sophia was recently selected for the U15 WGTN Netball team, good luck for the season ahead.



Maryanne Sola – Volleyball

Maryanne has been selected by Wellington Volleyball to be part of the Talent ID Camps, learn lots!



Anna Price - Netball

Anna has recently been selected for the U17 WGTN Netball team, great achievement Anna. Great to see all your hard work and determination has paid off. Enjoy the season ahead.



Helena Nagrampa - Football

Helena has been a 2004 Federation Talent Centre (FTC) player for the past two years.

She has been nominated by the North Wellington Junior Football Club (NWJFC) to trial two years ago and made it to the team. Helena trialled and made it to the NWJFC Streamed B mixed team this year. She was chosen team captain for the season.

Naria Aukusition - Basketball

Naria has been selected to be part of the Wellington Under 15 basketball team, good luck for the season ahead.

Good Luck to the Year 9's who have made final call backs for the Year 9 Wellington Netball team.



In Appreciation

Coaches and Managers

Thank you to all our Volunteer Coaches and Managers, we could not do this without you, all your time you give up for our students at SCC is amazing and we are very grateful.

Thanks

Huge thanks to the following organisation for your ongoing support of SCC sport, both financially or in the form of donated equipment.

WELTEC – donated new basketballs, football, netballs, volleyballs, rugbyballs and touchballs for next year.

Moana Uniforms – Their sponsorship will enabled us to purchase new Basketball Uniforms.

Sports Fees

Please note the school is not able to absorb unpaid fees, so all fees needs to be paid. Payment can be made to the school office.

If for any reason you are unable to pay these fees at the moment please make contact, ASAP at sport@scc.school.nz.

Sports Injury Register

They are new Health and Safety regulations, this means we have to record all sports injuries. We now have an Injury Sports Register at SCC. If any injury occurs while playing sport for SCC please let me know. Or if any student is unable to play sport because of injury please send me an email of the details. Email sport@scc.school.nz

Manaaki te Atua
Kylie Tuffery
Sports Coordinator





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