



# SPORTS CLASS 2005-24



**Individual  
Growth  
Through  
Challenge  
and  
Learning**



**Lighting  
the Path  
To Success**



***"ATTITUDE IS EVERYTHING!"***



# SPORTS CLASS AIMS

To inspire and foster a love of learning.

To challenge students to adopt an attitude of daily self improvement in all areas of their lives.

To encourage an understanding of being a part of something bigger than themselves.

To help students understand how, where and when they can transfer skills and values learnt into other areas of their lives.

To leave Room 53 in a better place.  
'Leave a Legacy.'



***'Be the person everyone wants to be around.'***

**"It's not how we handle success in life, it's how we react to life's failures that determines the measure of a person."**

*Dean Lonergan  
Rugby League*

# MY PHILOSOPHY and APPROACH

I believe in and encourage:

- Whanaungatanga
- High Expectations
- Work Ethic
- Values/Character
- Systems/Routines
- Goal Setting
- Independence
- Being Pro Active
- Managing Time
- 'Real' Teamwork/Spirit
- Contribution/Involvement
- Taking Responsibility for Self



In my experiences over the years students 'buy into' this 'game plan' and it has resulted in not only improvements in their sport, but also in their academic learning and all round development.

**"Individual commitment to a group effort. That's what makes a team work, a company work, a society work and a civilisation work."**

*Vincent T. Lombardi-NFL*



# SO WHY A SPORT'S CLASS?

The Sports Class was created to provide students with another learning style, much like our Independent Learning Classroom, Twin Classrooms and Performing Arts Class. All NZ Curriculum strands are taught (Numeracy, Literacy) and it works like any other class **except** that the **learning context** is related to sport, fitness, physical education, health or other related fields. All content still follows the N.Z Curriculum Framework/National Standards and it's objectives and learning outcomes. It is important for students and parents to realise that teaching is my passion and this class is a fantastic way to motivate kids to get excited about their academic learning too.

**"Te torino haere whakamua, whakamuri."**

*'At the same time the spiral is going forward, it is also returning.'*





# SELECTION OF CLASS

**"Being the best you can be is possible only if your desire to be a champion is greater than your fear of failure."**

***Sammy Lee***

***Soccer***

The students identified are Year 8 and selected by myself and Jonathon Tredray (Principal). Students from the ILC are ineligible to apply.

Being involved in coaching all year round, helping organise and run our major sporting events at NX, running LT Sport and also being out there observing a lot of sport, enables me to see a lot of Y7 students in action. This starts from Day 1 of their Y7 year. Obviously, more and more students get seen as the year progresses and this is a major factor in the selection process. So, get out there guys! Be pro active and get involved!

I am looking for students who are skilled in a variety of sports, although if they are exceptional in just one then that selection will be at the school's discretion.

I am also looking for students who wish to challenge themselves to achieve academically. We must remember that this is a classroom and your education is a priority.

Every effort is made in the selection process to select the right group of students for the class. Please keep in mind that once the class is selected NO DISCUSSION of non-selection will take place. While I would love to give feedback, to do so would take an enormous amount of time to do it properly and the way I'd like to. Quite simply, it is impossible to do at that time of the year and unrealistic. The school also has every right to choose the class as it sees fit.



# PROGRAMME CONTENT

There are some areas that will be focused on more than others as at this stage of the programme it is important that the students get a good grounding in the following:

- The 3 Energy Systems/Training Methods-TERM 1
- Nutrition/Hydration-TERM 2
- Anatomy and Physiology-TERM 3
- Biomechanics/Force Summation-TERM 4

## Ongoing

- Goal Setting-SMARTER Goals/SMARTER Steps
- Weekly Goals/'I WILL' Goals
- Time Management-HW Diary Organisation
- Fitness-all 5 Elements
- Correct Stretching/Appropriate Warm up/Cool down
- Thrive Nation
- Mental Strength Training- how the mind works; how to focus, overcoming mental barriers and appropriate actions.

Other aspects that will be looked at are:

- Physical Conditioning
- Pre/During/Post Training and Competition Routines and Systems.
- Learn fundamental sports skills by participation in complementary sports i.e. similar energy systems and movement patterns requirements
- Injury prevention and treatment



**"The pain of regret is far worse than the pain of pushing yourself."**

*Bevan Docherty*  
*Triathlon*

# APPLICATION FOR THE SPORTS CLASS

- ✓ Firstly you need to decide if the above concept sounds like you.
- ✓ If so then you will need to get out there and get involved in as much as you can!
- ✓ Part way through Term 4 you will be sent a Google Application Form to fill out. (This will be up on the School Website).
- ✓ You can start to compile a CV. Update this as the year progresses. (A 2 page CV is required in Term 4. The template will be up on the School Website.
- ✓ Then you will have to attend a Testing Day in Term 4. (This involves testing of all elements of fitness!)
- ✓ The Sports Class is looking for students with all around ability in a variety of sports.
- ✓ You also need to have a positive attitude and a sense of humour!
- ✓ A desire to improve and extend yourself academically is also a must. I suggest you really try arming yourself with as many of those learning skills and tools as you can that your Y7 teachers are teaching you!
- ✓ Students must enjoy working as a team, but also want to improve their independence and time management skills.
- ✓ If this is the challenge you've been looking forward to in your schooling, then I look forward to seeing you throughout the year, and putting you through your paces on the Testing Days!





# HOW DOES THE TESTING WORK?

Basically the students will do a variety of the following tests and participate in a variety of drills/grids to give me an insight into their teamwork, group-work, potential and skills.

- Power-Vertical Jump, Standing Long Jump
- Agility-NFL 3 Cone Drill, Illinois Agility Test
- Anaerobic Capacity-Broncos Test
- Aerobic Capacity-Beep Test (I usually get your Term 4 Beep Test result from your Teachers.)
- Speed-20m, 40m and 80m Sprints
- Strength-Push Ups, Crunches and Medicine Ball Throw



Once the testing is done and the Applications and CV's are in, students will be notified of their placing via letter.



# SPORTS CAMP

One of the undoubted highlights of the year is Sports Camp. The Sports Class participates in this highly competitive Camp against schools from the Bay of Plenty, Waikato and Auckland Region. The Camp is held at Totara Hot Springs, Matamata over a whole week at the end of term Two. The students compete in a massive amount of sport (about 40 different one's!) These range from traditional sports such as Touch, Football, Netball, Softball, Rugby, Basketball to more obscure games and sports such as Scramball, Wallball, Shooting, Kayaking, Archery, Caged Soccer and many, many more! It's amazing to see these kids from a class compete against the very best from other schools!



# 2005-24 HIGHLIGHTS



**Doc Mayhew/Ian Jones/Eroni Clark Visits  
Sports Camp  
Beach Trips-Sandspit/Te Muri  
Gary Jonas Visit-Speights Coast to Coast  
British and Irish Lions Training  
All Blacks Training  
All Blacks vs. Fiji Test  
NZ Knights Games  
Maori TV-'Code' Visits  
Finlay Park-Year 8 Camp  
Mountain Biking/Orienteering  
Have a Go Sailing  
Millennium Institute Visit  
New Zealand Warriors Breakfast/Coaching/Games  
Broom Hockey Night  
Early Morning Fitness/Skills Sessions  
Class Trip to Goat Island  
Ilminster Sports and Cultural Exchange  
NZCT AIMS Sports Championships  
Pumphouse Play  
Xmas Variety Show Night  
Weetbix Tryathlon Launch  
Tree Adventures Night Trip**





# TOWARD THE FUTURE.....

Professionalism in sport is a growing industry where students, if shown the right path, can both compete and have a career. Let's face it, they can also make a considerable amount of money and provide a living for themselves and their family.

Numerous global studies continue to support the theory that physical activity can, and does in fact, increase academic achievement . I hope that being involved in a class of this type will fuel these students desire to explore the Sports Industry further as a possible career option.

I know of at least a dozen former students who have moved into careers such as PE teaching, physiotherapy, sports trainers, professional athletes and other similar careers. Quite a few have also gained scholarships to US universities.



**"Play like it's  
your last game  
ever."**

*Wayne 'Buck' Shelford  
Rugby Union*

"The Sports Class is not just about sport. I've been more interested in my academic work because it is related to sport and because I'm more interested in it I have got better results."

"The Sports Class has helped give me opportunities to become a leader within our class, out of class, in sports teams and around the school."

"Because the work is enjoyable, it is not something you have to do, it is something you want to do."

"During the year I have learnt about our body and how it works."

"The Sport's Class has inspired me and helped me overcome my barriers."

"You learn heaps in fun and different ways."

"The Sport's Class has made me a better person due to the work we did on values."

"I have learnt about goal setting and following them up."

# STUDENT QUOTES





***'A picture paints a thousand words!'***





**"Sport parallels  
life. In order to win  
you must put  
yourself in the  
race."**

*Dick Quax  
Athletics*



**NORTHCROSS**  
INTERMEDIATE

## CONTACT DETAILS

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