

SPORT 2012



Welcome to the 5th edition of our Sports e-newsletter. I hope you have all enjoyed the last couple of editions. All four previous editions are on the WHS website, the internal 'home portal page' and have been posted on the WHS Sport Facebook page.

Well winter is well and truly here, the fields are getting wetter and muddier each week. The start of the term saw the WHS Cross country champs and there is a very good report about this event in this newsletter. I wish the best of luck to the 21 students traveling up to Auckland for the NZSS Champs on 16th of June.

Also included in this edition is the run down on how the Boys teams performed up in New Plymouth against NPBHS.

Our next full exchange is home against Wanganui Collegiate School on Wednesday the 25th of July. Teams included will be Rugby, Netball, Hockey, Football, Badminton and maybe one or two more teams once everything is sorted.

Winter tournament week is now less than 12 weeks away and I am sure all teams will be looking to do well at all the regional and national events. Sports team photo's take place on the 31st of July, so please calendar this event and make sure you're at school that day.

All the best for the upcoming weeks and please work on getting us some stories, player profiles or coach profiles and pictures for the next edition.

Mark Cornaga
DIRECTOR of SPORT

Foxton Regatta

Morning gives way to afternoon and the great Manawatu river estuary finally relents to the push of the tide. The normally sluggish brown water appears a brilliant blue, a mirror of the sky above. Then, one by one, our sailing boats descend towards the water until numerous sails cast their stubby shadows across the bay.



Away in the distance neon orange buoys, the markers for our course, bob on the water like tiny pinpricks of light. Pulling on the tiller I tack into the oncoming tide towards the starter buoy — brimming with excitement — and wait for the starter horn to blare... The horn finally echoes across the water and we are off.

The tell tails on my mainsail flutter, the sail fills with the power of the wind and I am skimming over the water like the gulls that whirl and circle about us. The salty spray barrels over the prow of my dingy and soaks me through.

The race is tight. I crouch inside my boat, my weight carefully balanced as far forward as I can get to fix the trim. The less hull in the water the faster I will go. My eyes are fixed ahead, watching for the ripples of the water that tell me where the wind is coming from.

I battled with driftwood and narrowly avoided being beached upon a fallen tree trunk lurking beneath the surface of the water, yet at the end of the day I finished the race, bedraggled, exhilarated, and not too displeased with a fourth place. Emma Thomas came first, Ryan Prior a close second — another comfortable win for WHS.

By Tegan Gaskin

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WHS RUGBY

CHRISTCHURCH BOYS HIGH SCHOOL INTERNATIONAL RUGBY FESTIVAL 2012

At Easter, the Wanganui High School 1st XV had the fantastic experience of participating in the Christchurch Boys High School International Rugby Festival. We were one of 26 teams playing, representing schools from Los Angeles (USA), Taiwan, Australia, and from Kaitaia to Invercargill in New Zealand.



We travelled down by bus and ferry, arriving in Christchurch at midnight, with some boys making their first visit to the South Island and/or first time on the Cook Strait ferry. The next day, we were welcomed by the Headmaster of Boys High School and shown its hall of fame (Andrew Mehrstens', and his father's, and his grandfather's All Black jerseys in one cabinet, and lots of Dan Carter's gear in another!). After a quick tour of Christchurch to take in the earthquake damage, it was down to business with a training session at Burnside High.

Game 1 on 6 April, in 20 minute halves, was against Christchurch Boys High School Blue, one of two teams the school fielded in the 1st XV grade. It was a tight game, with our team scoring an early converted try, and holding out a determined opposition to win 7-0.



Cross Country 2012

The dawn of a new course for Wanganui High School cross country runners.

The true nature of cross country running was the challenge for the hundreds of keen runners as they took the bus trip out Lake Wairitoa's Scoutlands campground. The undulating course consisted of an interesting blend of fielding running and sandy hills. It was pleasing to see the increased numbers from previous years at the new and exciting course. This year's new course was well marked and thanks to the great help of the officials from the WHS Sports Endurance class there were no reports of cheating or wrong course taking.

Young Jeanne-Marie Bonnet proved running is truly in the family as she clocked an impressive 14:27 for the year 9 girls race, with Millie Manning in 2nd place with 14:54 and Shannon Park in 3rd with 15:08. In the boy's year 9 race, Jessie De Vincentis was the winner in a rapid 11:15, 34 seconds clear of Cullen Cornaga finishing in 11:49 and in 3rd Ethan Clements came home in 12:15. It is an exciting thought to know this group of young athletes are producing such promising times so early in their high school journeys, having four more years of representing WHS.

In the boy's under 16 grade 4km, James Wright was the 2012 champion in 15:10, 21 seconds ahead of 2nd place getter Riley Culver with Daniel Kauika claiming 3rd with an equal time to Riley. The talented Naomi Craig glided to a 12:10 win in the 3km in the under 16 girls race, a clear lead from 2nd place Sophie Couper in 13:24 and in 13:41 Kodi Madams claimed 3rd.

In the senior girls 3km, WHS Cross Country captain Georgia Black claimed the title for a third consecutive year in 11:00, with Phoebe Cromar placing 2nd with 13:24 and Eva Craig having an impressive run to take 3rd in 13:49. It was a day for the 2012 Cross Country Captains as Sam Hopper became the 2012 Cross Country Champion an improvement on his 3rd place effort last year, his time for the 4km was 14:48, with Jack Stewart in 2nd with 15:16 and Kenneth Padberg in 3rd with 15.20.

RESULTS 2012

SENIOR BOYS: 4.2 km	1 ST Sam Hopper 14.48	2 nd Jack Stewart 15.16	3 rd Kenneth Padberg 15.20
SENIOR GIRLS: 3 km	1 st Georgia Black 11.00	2 nd Phoebe Cromar 13.24	3 rd Eva Craig 13.49
U16 BOYS: 4.2 km	1 st James Wright 15.10	2 nd Riley Culver 15.31	3 rd Daniel Kauika 15.31
U16 GIRLS: 3 km	1 st Naomi Craig 12.10	2 nd Sophie Couper 13.24	3 rd Kodi Madams 13.41
YEAR 9 BOYS: 3 km	1 st Jessie De Vincentis 11.15	2 nd Cullen Cornaga 11.49	3 rd Ethan Clements 12.15
YEAR 9 GIRLS: 3km	1 st Jeanne-Marie Bonnet 14.27	2 nd Millie Manning 14.54	3 rd Shannon Park 15.08



NETBALL - PLAYER PROFILE

Kelsi McAsey – Netball Interview

I interviewed one of the girls in the Wanganui High School Senior A1 netball team to have a chat about her experiences with the sport and to see how our team is going this season.



What inspired you to start playing netball and how long have you been playing for?

I saw my older sister play when I was year 3 and I started playing in year 4. I have been playing netball ever since then except for when we moved to America so I missed out on playing netball for a year and a half.

When did the season start for you this year? When did you start training and when were your trials?

I personally started training over the 2011-2012 summer holidays after school finished. Trials were within the first two weeks of term 1 as Lisa Murphy, the A1 coach saw an opportunity to get experience under our belt by playing in the Super League. The Super League commenced on Saturday the 18th of March and finished on the 1st of April. It ran over 3 weekends.

What days and how often do you train a week?

We train twice a week, Tuesdays and Thursdays. We usually practise on Tuesdays but on Thursdays we incorporate Circuit and Weight trainings in and also skills practise.

What positions do you play??

WA and WD

Do you enjoy playing netball and how has this season personally gone for you so far?

Of course I enjoy playing netball! It's my favourite sport. Personally the season has been good so far. Making it into the team itself was a huge achievement.

I understand the A1 netball team is also playing in the Premier grade on Monday nights? How is everyone coping with playing at such a high and competitive level?

Everyone does really well and incorporates what is learnt in practise into their game. Super League prepared us more for the Premier games and I think we did benefit from that experience within the pre-season league.

Lastly, how has the A1 netball team overall played this season?

So far, for the 2012 season, we have been rebuilding the team as most senior players left last year. The team that takes the court has been playing very well. We do meet some tough competition and from this, we are tested but as a team we have made progress and overcome any barriers.

Thanks Kelsi for taking the time to answer a few questions for me.



NPBHS Exchange

On Wednesday 2nd May The Wanganui High School Boys winter codes took the journey up to New Plymouth Boys' High School for what was anticipated to be a very competitive exchange. Being the first exchange in a number of years and the second consecutive with New Plymouth Boys' it was destined to be a great day of sporting competition.



To start off the excitement, the selected team of WHS top six runners from the school championships headed to Vogeltown Park for what was to be a neat but hilly 1500m loop. Unfortunately the mixed race which hit the ground running at 12pm did not produce any team wins for WHS. Yet impressive runs to note include Sam Hopper (2nd place senior boy in 16:58 for the 4500m course), Jack Stewart (4th Senior boy), James Wright (2nd place junior boy).

Onto our 1st XV team who faced a tough side the NPBHS 1st XV. A dead tie in the majority of the first half at nil all was brought to an end as NPBHS scored two vital tries. Sam Malcolm claimed a penalty to put the WHS boys on the scoreboard. Unfortunately the

persistent NPBHS squad got the ball rolling and won with a comfortable margin of 36-6.

Our Footballers on the other hand had a pleasing result of 2-2, with Raymond Hove scoring a quality goal and the team also claiming an own goal.

Our last of the first teams was the Hockey 1st XI who also did not have the best of luck, yet playing against strong competition was beneficial for experience as a team. The 3-0 result does not reflect the effort the group of boys, inexperienced as a team, displayed.



The only win of the day came from our junior boys' basketball team.

On the whole, this exchange was very successful and only strengthened the bond NPBHS and WHS have together, surely guaranteeing more successful exchanges in years to come.

Sam Hopper
(Head Of Sport)

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