





# Sportfit



## Tapawera Exchange:

We hosted this event in response to a request from Tapawera Area School, this was just as well as Tapawera had had some horrid weather in their area.

The two day competition started off with a full school Powhiri. Mrs Little did really well getting this organised. The students were amazing from the Karanga, to the Haka, to the Whaikorero, to the Waiata, you all made the school very proud.

The junior school took out most of the Y7/8 sporting events. The senior school results were a bit closer with the teams being more evenly matched.

It is always such a pleasure to be involved with this event, our students get on well together and are forming some good relationships with each other.

A special THANK YOU goes to the following people for supporting us by umpiring, refereeing or generally helping. out Umpires/Referees: Kaye Stark, Jo Turnbull, Jimmy Goulsbro, Graeme Chamberlain, Peter Solly, Brooks Byrne, Scott Petterson.

Luncheon: Ann Freeman - without you we would be lost!

Students/ Staff: Pete Mitchison, Rob Anderson, Gaylene Wilkinson, Margie Little, Cyrenne Brownlie, Kyle Davies, Luken Chamberlain, Joel Milne, Taylor Escott.

Also a HUGE thanks to all our coaches who have put in a huge effort with trainings and selections. It is so encouraging to see how many of our students put themselves out there to referee or coach. WELL DONE.

Lastly I would like to commend Luken Chamberlain who took on the responsibility of ensuring that we still had Ki-o-Rahi in this exchange. With the loss of Stuart Grace who introduced this Maori sport to our school, I was unsure whether we would be able to run it. Our students love the skills involved playing this game. so Luken took on coaching and refereeing the boys' game and then with the assistance of Kyle Davies they ran it for the girls.



### Upcoming events:

- Interhouse netball next term.
- Lunctime Ki-o-Rahi to the end of term.
- Badminton to the end of term.
- Football training most days to the end of term.
- Tuesday night Basketball to the end of term.
- Netball training and games well into Term three.

### TSS Cross Country:

Danyon and his mum attended this meeting in Blenheim, the weather was not flash and the previous week they had had to postpone the event. Danyon, who was not really on full form because he was suffering from a cold, unfortunately was not placed as well as he could have been. Better luck next year. Thank you Maree for taking him to Blenheim. Well done Danyon.

To players of all codes, Parents/Whanau/Family, Supporters.

*Tips for increasing the amount of game time you get*

- Ensure that you give 100% at every training and game whether you are in the starting line up or not.
- Be fully supportive of your team and coaches at all times
- **Complete any team statistics at each game to the best of your ability, don't try and make other people playing in your position look bad.**
- Look for jobs to help the team environment off the court or field.
- Discuss the issue with your Coach/Manager – ask what you can do to improve your game
- Be honest and self-critical regarding areas you need to improve on.
- Be self-motivated to improve – **don't expect everyone else to do it for you, and don't feel sorry for yourself. Grit your teeth and work harder and smarter.**



*Consider:* - Your skills, are you doing extra skill sessions?

- Your Tactical awareness, increase your knowledge regarding the team game plans.

- Your decision making, look at your error rate under pressure, could you have made different decisions?

-Conditioning, aerobic fitness base, speed and agility.



\*Remember that

- Sometimes it is just a case of someone else better fitting the team unit at this point in time.
- **You need to do all you can to keep pushing hard for game time, as that's what you train for.**
- Sport is based on merit – **you can't just expect things to be given to you because you (or your family, friends, other coaches) believe you deserve it.**
- It can only take one injury/coaching decision to change things completely – always be ready to grab that opportunity with both hands.

**IT'S NOT WHAT HAPPENS TO YOU....  
IT'S HOW YOU DEAL WITH IT.**

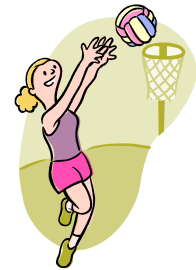
## GBHS A NETBALL CAMP FOR Y5-Y10

**WHEN:** 12 AND 13 JULY 2010  
**WHERE:** GOLDEN BAY HIGH SCHOOL  
**SESSIONS:** 9.30-11.30am 12.20-2.30pm 2.30-3.30pm Game  
**FOR WHO:** Any students Y5 – Y8  
Girls only Y9 – Y10  
**INCL WITH FEES:** T-Shirt, Lunch, Photo, booklets and info  
**FEES:** \$50

**ENTRY:** Can be collected from Cherie Chamberlain, or any of the Year 13 A team members.

**WHAT IS IT:** Once again we are running a netball camp to up-skill the students in the play and rules. We had a very successful camp last year and are hoping for even more numbers this year. Please get in and support the GBHS A netball team. This is a fundraiser to travel to Blenheim for the South Island Secondary Schools Tournament which happens to be the biggest in the Southern Hemisphere.

ALSO LOOK OUT FOR THE GIRLS AT NETBALL THIS WEEKEND THEY WILL HAVE An AREA SET UP WITH INFORMATION AND ENTry FORMS AND A RAFFLE.



# LipSync

will be held on the  
28<sup>th</sup> & 29<sup>th</sup> July



For those students who are interested in participating in LipSync this year, now is the time to start planning your acts.

**\*\*YOU CAN REGISTER YOUR ACT IN THE LAST WEEK OF  
THIS TERM\*\***

**free**  
consultation  
to design  
your look  
for the ball!



**BOOK NOW!**  
**525 9898**

We'll donate  
10% of each hair  
style for the ball to GBHS when  
you mention this ad.

**HAIR**  
Revolution

## Winter Boredom Busters

Look out for some NEW activities during the Winter School Holidays especially for ages 9 years old plus.

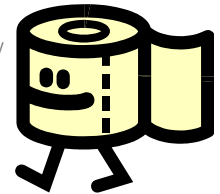
**We're taking a bus over to the Motueka Skate Park** for a bit of an extra challenge on a bigger park. Sorry, no room for BMX bikes.

Another event will be **Bush Survival Day!** Learn how to find bush tucker, make damper and build an emergency hut. Read the Boredom Buster magazine for the usual fun activities plus more new ones.



## School Holiday Workshop: 3D Animation and Games

Have you ever wondered how 3D movies like The Incredibles and Shrek are made or how special effects are created? Learn the latest in 3D Animation and games design on a Bubble Dome workshop this July School Holidays. Other courses in Science, Inventions & Technology and after school Animation available at selected venues. For students aged 6 to 16 years. Tel: 0800m GET BUBBLE (438-282) or E-mail info@bubbledome.co.nz or visit www.bubbledome.co.nz. We also have a pamphlet in the school office



## BE WELL HEALTH INFORMATION DAY Friday 25<sup>th</sup> June – at GB High School

### PROGRAMME

TIME	VENUE	TOPIC	PRESENTER
9.00 – 9.55 am	Hall	What Does a Healthy Relationship Look Like? (Years 9-13)	Abbie Gilligan & Abby Stephens
	Music Room	What's Happening to Me? – Emotional Wellbeing (Years 9-13)	Gail Nusenu & Hannah Campbell
9.55 – 10.50 am	Hall	Sex Drugs & Rock & Roll for boys (Years 12/13)	Phillip Chapman & Simon Shaw
	Music Room	Standing up for your Rights – (Yrs 9-11)	Gail Nusenu & Hannah Campbell
10.50 – 11.15	Hall	Interval – Browse information hubs	
11.15 – 12.10	Hall	Sex Drugs & Rock & Roll for boys (Years 9-11)	Phillip Chapman & Simon Shaw
	Music Room	Sex – To do or not to do (Girls Years 12/13)	Lee-Ann O'Brien
12.10 – 1.05	Hall	Alcohol - ? Boys & girls	?
	Music Room	Sex – To do or not to do (Girls Years 9-11)	Lee-Ann O'Brien
1.05 – 1.55	Hall	Lunch* – Browse information hubs	
2.00 – 3.10	Hall	Where to Go for Help – Services for Youth in Golden Bay – (Years 9-13)	Helen Bracefield Abbie Stephens Glynn Rogers Philip Chapman

Please sign up at the school office.

### Health Information Hubs - in Hall

- Registered Nurse – general health questions and advice, B/P, BMI
- Way2Go information & advice about activities available
- Asthma Educator
- Nutrition
- Drugs & Alcohol
- Sexual health
- Tides & Tracks
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