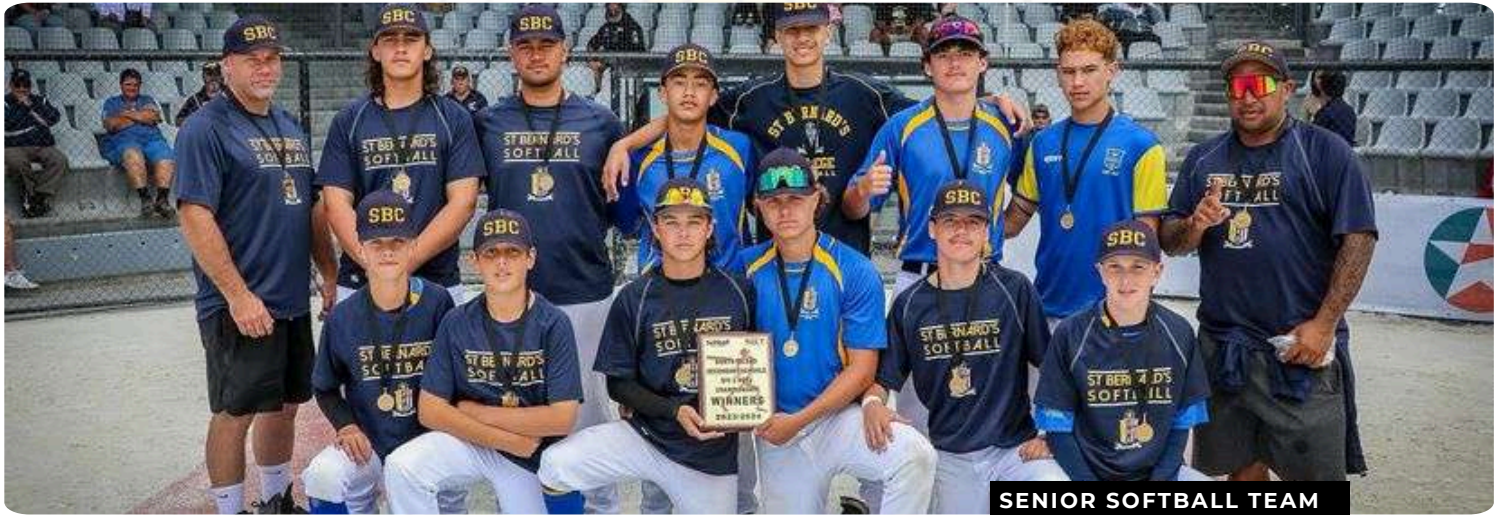


St Bernard's College Sports Newsletter



SENIOR SOFTBALL TEAM

Welcome to our Sponsors and Community Sports Newsletter - Term 1

Firstly, a huge thank you to our wonderful sponsors and also to those who have made sports donations to the College. You can be assured that every dollar we receive for Sport will be spent to enhance sport at St Bernard's College. Currently we are upgrading our sports uniforms with new kit for all Premier teams. As you will probably be aware, sports uniforms are expensive and replenishing them is something that we need to do every couple of years which is a large capital outlay.

We have tried to produce simple designs that are in keeping with the college's identity. Our white numbered tops will be reversible royal blue/yellow for our Premier teams. Royal blue uniforms with yellow numbers will be for all other teams representing SBC (images to the right).

Term 1 is always the busiest term of the year for Sport. There are 10 One Day tournaments, Summer Tournament Week and Summer Sports teams to organise. Once that is over we move straight into organising Winter teams. We would like to especially thank our coaches, managers and volunteers for without their support we wouldn't have a full sporting programme.

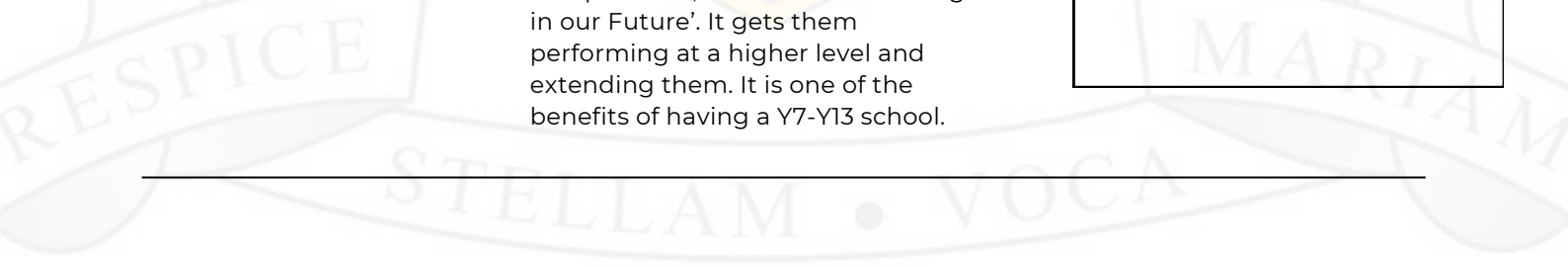
It is fair to say we punch above our weight in most sports with a roll of 660 (including Intermediates) we are well presented in the majority of Premier Grades. Our newsletter is a summary of each sports code from term 1.

College Sport Wellington (CSW) runs all our College competitions and One Day Tournaments. For Intermediate students many sports are played through the club system. However where we can and it is appropriate we can have intermediate age students playing in College age competitions, we call this 'Investing in our Future'. It gets them performing at a higher level and extending them. It is one of the benefits of having a Y7-Y13 school.

Terminology used in our newsletter

- Seniors = Year 11, 12, 13's
- Juniors = Year 9 & 10
- Intermediates = Year 7 & 8's

Sports Uniform Designs





Athletics

Our school athletics sports day was held on 27th February at the Hutt Rec. The day was a mixture of fun and competitive sport with a large number of students participating and competing for themselves and their School House. It is the one sporting event where our whole school comes together as one, teachers/support staff and students all representing their school houses. There were plenty of chants and friendly rivalry among us all. Ignatius House was the overall winner for 2024.

For our competitive Athletes the Athletic Sports Day provides them with opportunities to qualify for the Regional Athletics competition. This year we had 12 athletics qualify for The Regional competition and were lead by Mr Piripi who works hard to have our athletes match-ready for this event.



Badminton

Badminton in Term 1 is for Intermediate students only. This competition is run by the Hutt Valley Badminton club in Naenae, and they do a great job in supporting our teams, especially as many of them are playing Badminton for the first time. It is noticeable that these Y7 & 8 students have used this sport to build friendships and it is great to see this as an avenue for them to meet new peers.

We have 6 teams of 2 entered, two of these players enjoyed it so much they are now entered as a team to compete in the AIMS Games in September. We look forward to watching them compete and with fantastic support from their families.



Bowls

This year we had 6 teams of 2 and 2 individuals compete at Regionals for bowls. Even though a lot of them had never played before, we thought it was a great opportunity to show-case this sport and let them have a go. Some of the students had gone to local clubs to up-skill prior to competition day. It was nice to see an elderly couple from the Hutt Bowling club come and support our boys and give them tips through the day, which helped them improve. There were plenty of close games against some well seasoned bowlers. One student in particular has found a new passion and has since joined a club and will be back again next year to compete at a higher level.

Basketball

Basketball continues to grow at St Bernard's, it is normally a winter (term 2 & 3) sport but there are now opportunities becoming available all year round.

During Term 1 we entered 1 senior team into a 3x3 Tournament, coming 6th overall. It was a great hit-out for our five boys and an event the students like to compete in. Unfortunately the Regional tournament where we were sending 3 teams got cancelled due to schools pulling out and having a shortage of referees from some colleges. I can happily say that we are active in this space of up-skilling referees and we have plenty of students willing to learn this skill-set.

Each year over Easter Weekend there is an Invitational tournament hosted by St Pats Silverstream, our coaches use this tournament to finalise their teams for the Senior and Junior A basketball teams. It is a great opportunity for the coaches and players to bond, even though there is heartbreak for some wanting to make these teams, it gives them tournament experience and to play with and against higher level players.

Capital Basketball also ran a junior social one day tournament that we took advantage of. It is unusual that social grades get to compete in tournaments, so it was a great opportunity for our 4 social teams. This tournament also provided a training opportunity for new referees and in scoring. We had more teams, keen refs and score-bench operators than any other school. By the end of the day the refs felt more confident and the teams had fun, it was a great day and we hope to see more opportunities like this.

We look forward to the next terms ahead where our Senior A team qualified for Premiership last year and our Junior A will be grading for the first 3 rounds to hopefully enter this grade for another season.



Cricket

We have two teams competing in cricket this term, driven by our fantastic volunteer parents that are very dedicated to this sport.

Our Intermediate 40 overs team won their Championship going undefeated all season and our Year 9 Junior T20 team had plenty of good wins coming 3rd overall in their competition. It will be good to see this space grow over time and hopefully be able to purchase new nets and improve our resources, including new uniforms for our teams.

We also had Cricket Wellington come to our school at lunch to find our biggest hitter, it was fun and entertaining and there were many willing to give it a go. Kurtis was our biggest hitter for the day with 69 meters. It was something different and we are always open to new opportunities for our boys to show-case their skill-set and give things a go.





Dragon Boating

It is the first time in over 8 years we have competed in Dragon Boating. At first, it took awhile to convince the boys that it would be worth their extra time and dedication. We started this year with just one training a week, to not put too much pressure on their already busy schedules. It did not take too long after the first training for them to have buy-in.

Going into the event they had only 4 training sessions, which was not ideal, however they adapted to this well and learnt fast on the day. This year they had the Regional and National event at the same time for Secondary Schools. They had 3 heats prior to the finals, in the heats they got faster in each race with the support of Roy McGrath (DP) and Nick Risdon (Teacher/Rugby Director) giving them tips, along with their assigned coach. The final race was where they found their flow and came a close 2nd to Aotea College, who were definitely there to win it. It was an epic finish and the boys were pumped after the race, they are now keen to have more training next year and have got the Dragon Boat buzz. It is the ultimate team sport, where students have to work together in order to get the results. It was an amazing experience and we thank Dragon Boating Wellington for the opportunity. We will be back again next year.

Ultimate Team Sport!



Futsal

This year we had 3 senior, 3 junior and 2 intermediate teams in the weekly College competition. It is a growing sport in NZ for footballers and it is turn-up and play which suits our students.

We would however, like to take this sport more seriously over time and obtain better resources to get in experienced coaches for our Premier Junior and Senior teams. The potential was obvious when we turned up to play at Senior Regionals and came 2nd, it surprised a lot of schools, the potential has always been there but just not the opportunity. Our Juniors competed at Nationals for Tournament Week (further details below).



Golf

This year we had one team in the weekly competition, good friends Jonty Taylor and Tommy Avery (yr12s) had a great season and really enjoy this sport. They are a fun duo and would often send in photos for our social media. Tommy has a real knack for commentary too which can be quite comical. It was great to see them compete in a sport they love.

We also had two students compete in the One Day CSW Event this year, where they got the opportunity to play against some of Wellington's best. It was a good day for them and a lot to take away. Our top golfer at the school, Jahrome Orupe (yr12), was unable to compete due to assessments he wanted to complete, Jahrome has a handicap of 6.5 presently and we hope to see him back next year.

Rip Rugby

Rip Rugby is always another fun one day tournament. This year we changed it up a bit and took 3 PE classes for their assessment, taken by Mr Risdon. There were no trophies for us this year but it ticked a few boxes when it came to school work, which is always the first priority at SBC.

Ki O Rahi

This is a one day Senior CSW tournament we compete in each year (Juniors are term 4).

We are a school that would normally win the title, however this year we took a younger less experienced team, they did well coming 3rd overall. It is a sport the boys all enjoy playing and is often seen in PE classes.





Softball

Another one day CSW tournament that we compete well in, this year we came 3rd overall. It was a good hit-out for our team that also went to the Nationals through Summer Tournament week with great success. See separate report on summer tournament week, below.

Softball is a popular summer sport at SBC. A number of our students play to a high level and some have represented New Zealand. It is probably the only sport that we can make up teams consisting of years 9 to 13 and not one of them are out of place. Thank you to our softball community for all the support.



Tennis

Last term we had 1 team enter in the CSW weekly competition, Joey Pallmer (yr10) and Luke Hayes (yr11). They love tennis and also play at club level. The boys had a great season and made it to the finals and were so close to winning their division.

They continued on and entered into the NZ Secondary Schools competition through Tournament week. We look forward to them continuing to represent SBC and this sport!

Touch Rugby

Term One is always about the seniors and intermediates.

We have a large number of touch players at our school and it is becoming one of our largest sports and worth investing more resources in. We are lucky to have Mr Bialy (touch coach guru) at our school as a teacher, who has taken up the role of convenor of Touch. He oversees our touch programme and coaches our Senior A team and we look forward to having more success as the years go on.

Seniors: We have a lot of work to do in up-skilling our talent base, and near the end of term 3 we will be training our Senior A team for the Nationals event in December. We have not been to this event in many years and one we endeavour to bring back into our sporting calendar.

Intermediates: We have 4 teams that compete in the Total Touch competition on Thursday evenings, it is a well run competition targeting primary/intermediate students, it is the largest competition in NZ for touch. Our top intermediate team had an impressive season having only 2 points against them all season, it is fair to say they are in a league of their own and taking out the Division 1 title. We will be looking at putting this team and potentially others into the term 4 juniors competition to really stretch them further.





Volleyball

Volleyball is a sport that always does well considering we have limited teams, however it has grown this year in the junior space which is great to see, along with amazing parents coming onboard to coach.

We are extremely fortunate to have a top coach at SBC that has been coaching us for years and never disappoints with the results she produces, thank you to Tessa Siolo-Thompson for all her time and dedication to this sport. Tessa demands excellence and attendance which is probably partly the key to her team's successes.

Term One is all about qualifying for Premiership in term 4. I can proudly say yet again both our Senior and Junior teams have qualified this year. Our Senior team won Division One and our Juniors came 2nd overall in the Hutt Region, which now means they compete against various colleges around Wellington.

Our Senior team competed at Regionals and despite some key players not being available they came 3rd overall. This team also went to Nationals for Tournament week.

Water Polo

We have one senior team made up of some juniors that compete in the weekly competition (juniors play in term 4, intermediates are term 2). Their season started off strongly and with only a few losses, they ended up coming 4th overall. Palmerston North Boys High compete in our competition each fortnight and they are a team that seem to be unbeatable at this stage.

We have some remarkable ex-students that coach our Water Polo teams, thank you to Braden and Colton Longstaff and Mr Housden (Water Polo Convenor), for looking after this sport, they really do keep the wheels turning.

We would like to acknowledge and thank our year 13 students who represented SBC for the last time this year. Ben Housden, Mason Carey and Trent Longstaff.

Each year we also play Sacred Heart College (Sister School), in a fun match raising money for Relay for Life. Last year SHC won the title but this year we brought the Mana Ora Trophy home! It is great to see plenty of support from SBC and SHC students and supporters.



Summer Tournament Week

Summer Tournament Week is one of the 2 biggest sporting events on our sporting calendar. It is when Colleges from around the county travel and compete in various divisions for their respected codes. This year we sent away a few more teams than normal, which was great to see.

Softball

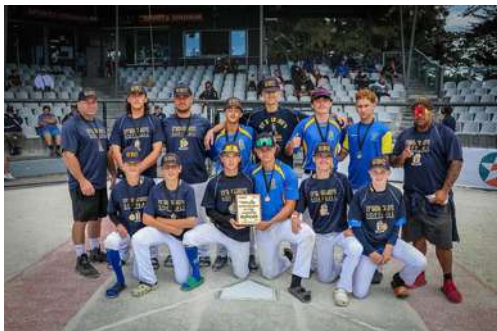
Our team went to Auckland for the North Island Secondary Schools. Despite our team, in general being competent to compete in Div 1, we registered for Div 2 as we had lost our top pitcher last year and are now rebuilding with 3 young players coming through.

It was a fantastic week, the weather was beautiful and energy was high. This team went through the week undefeated and came up against Pukekohe in the finals. It came down to the last innings to take the game out with an automatic home run by Mason Carey.

This event was the last hurrah for a few of our Year 13 players: Jaxson Williams-Baldwin (Sportsman of the year 2023) and Mason Carey who were instrumental in the teams success, not in just this tournament but through their time at SBC.

We look forward to their journey ahead and acknowledge and appreciate their dedication to SBC Softball.

We would like to thank our Sponsors: Design Network Architect Limited for our new uniforms for our Senior and Junior teams, this is greatly appreciated.



Congratulations on your title

Volleyball

Our Senior team went to compete in Palmerston North for Nationals and although some key players were not available, Tessa (coach) and her team still pulled together some good results. They ended up in Division 3 and came 4th overall.

Volleyball is an extremely busy and energy sapping tournament, with 241 teams competing over 5 days from 8am until sometimes 12 at night. This is probably one of the biggest Summer Tournament events at one venue, it now spills over to Fielding venues so more teams can perform.



Tennis

Due to the NZ Secondary Schools being in Wellington this year, Luke Hayes and Joey Pallmer took their opportunity to compete in this. Not the results they wanted playing against some of NZ's very best, however they got to experience this level and will gain more experience from it, to advance their careers.



Futsal

A spot opened up for our Junior Futsal team to enter Nationals, again another local event we took advantage of so they could gain more experience and compete at a higher level. It is the first time we have entered a team in a National Futsal tournament and the team did not disappoint. With only 2 training sessions they came 16th out of 40 teams. Once again this shows that with some investment into this code we may perform at a higher level with the talent we have in our school. Thank you to senior student Rereao Grace for coaching this team and Sam Jones for managing.

THANK YOU!

As we now head into our Winter Sports season we would like to thank all our sponsors once again for providing more opportunities for our students and help us sharpen up. As you can see from the sports photos there are a lot of uniform designs and we look forward to the new and fresh look next term and beyond, including new resources.

We would also like to thank our many many volunteers: coaches, managers and supervisors. Without your support we would not be able take the court or field. We are grateful for all the time and effort you put into our teams. Working together as one community we know we can strive towards greater achievements and experiences for our boys. Including teaching and showing our students our '8 Player Expectations'.

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8 PLAYER EXPECTATIONS

WHAT DO WE TEACH OUR PLAYERS IN SBC SPORT?

Love Self

Being Coachable
Listen and respond with positive action. Be enthusiastic, ask questions.

Work Ethic
Bring your best all the time, do extra if required. Persevere through and show resilience when needed.

Love Others

School Pride
Support our teams, wear uniform correctly, clean and tidy - for yourself and those that have gone before you.

Be Prepared
Come with everything a good sportsperson needs for your sport.

Communication
If you cannot attend, let your manager know and let coaches know if you need extra help.

Being On-Time
For your teammates, coaches, and managers.

Respect
For your teammates, coaches, managers, officials, opposition, supporters and other's property.

Help Out
"Team bag, before your own bag". Make sure you help-out and clean up before leaving a training or game.

In doing all these and being grateful, shows the love of God

WHAT TO LOOK FORWARD TO

We are looking forward to putting up our goal post pads, thank you to 'Rob Law Max Recruitment'. Our new uniform arrivals and training tees for Premier Teams, thank you to our many sponsors. Our sideline jackets for our Senior 1st XI Football team, thank you 'Blackler Smith and Co'. Our sports promotional posters (below) to continue this year, thank you to Ex-Student Ben Maluschnig for his incredible talent and 'Evolution Windows' for being able to keep providing this opportunity. Professional photos from 'Tackld' and sports promoted through our social media networks. We are excited for the Winter Season to begin!

Next up: Basketball, Rugby, Football, Badminton, Hockey, Cross Country, Table Tennis, Swimming and intermediate Water Polo. Francis Douglas Exchange, Hato Paora Exchange, Rugby Presentation, Sponsors Day, Volunteers meeting, Senior Premier teams Photo Shoot. Along with starting up our own Intermediate basketball league and preparing for AIMS Games and Winter Tournament Week.

There are some great things happening in these sports, please make sure you follow our social media pages for all the latest updates.

Instagram & Facebook: sbc183sport

Kind regards



Director of Sport
St Bernard's College

