



# St Bernard's College Sport 100 Club

LOVE GOD, LOVE SELF, LOVE OTHERS







# Vision

**To strengthen and expand our sporting programme through enhanced development pathways, improved resources, and greater support for all student-athletes.**

We aspire to develop key areas within our programme, including:

- Coaching development
- Strength & Conditioning support
- Improved resources
- Specialist equipment to enhance athlete IQ and performance
- Improved social media and communications

These focus areas ensure all students have access to meaningful opportunities to grow as athletes, leaders, and members of our community.

As participation continues to rise across all sports, our priority is to build consistent systems that support long-term development and elevate performance for every athlete. This includes open access to quality training, athlete education, and injury-prevention support.

Our next step is to strengthen performance pathways and enhance athlete understanding, helping students become more confident, capable, and complete performers. This evolution reflects our community's commitment to ensuring every athlete can reach their full potential, on and off the field.







# Our Philosophy

At St Bernard's College, we encourage all students to participate in sport and offer a wide variety of sporting opportunities. Our participation rates are among the highest in the Wellington region.

We believe high participation leads to aspiration, and aspiration leads to achievement.

Our sports programmes are built on character, resilience, and determination, empowering students to positively influence others and make a meaningful difference in our community.

Our philosophy is underpinned by the “8 Player Expectations”, which guide our athletes to lead with integrity, respect, discipline, teamwork, and humility. These expectations extend beyond the playing field, shaping how our young men engage with their peers, their whānau, and their wider community. Through sport, we teach that success is not only measured by results, but by the impact we have on others and the example we set.

We believe this next stage of development, focused on high performance, smarter play, and athletic growth, will allow our students to take the lessons of participation and translate them into excellence.







# Aspirations and Key Focus Areas

At St Bernard's College, our sporting vision extends well beyond the field. We aim to develop well-rounded young men who demonstrate excellence in sport, focus in the classroom, and strong mental wellbeing. Through deliberate development, high expectations, and a culture built on pride and performance, we strive to create athletes who succeed in all areas of life.

## 1. Player Development and Expectations

- We empower students at SBC to improve their skills and uphold our “8 Player Expectations” across all codes. These expectations guide behaviour, discipline, and teamwork both on and off the field.

## 2. Coaching Excellence

- We actively seek high-quality coaching support, particularly at Premier level, to ensure our players receive the expertise needed to compete and grow at the highest standard.

## 3. Coach and Manager Upskilling

- We support and upskill coaches and managers through available workshops and development courses. By investing in our leaders, we directly improve the experience and growth of our players.

## 4. Building Sporting IQ

- Through sustainable programmes, we aim to increase players' tactical understanding and game awareness, fostering smarter, more adaptable athletes.

## 5. Culture of Athletic Excellence

- We strive to build a culture where every player is physically and mentally prepared to perform at their best. Strength and conditioning programmes will underpin this growth.

## 6. Premier-Level Performance

- Our long-term goal is to position St Bernard's College as a consistent Premier-level performer across major sports, reflecting our mana, pride, and pursuit of excellence.



**PLAYER  
DEVELOPMENT**



**COACHING  
EXCELLENCE**



**ATHLETE  
CONDITIONING**



**PLAYER IQ  
DEVELOPMENT**



# MEMBERSHIP OPTIONS



**\$100 A WEEK  
PLATINUM**

**Benefits:**

- Business logo on all SBC Premier Teams' training tees
- Recognition on SBC sports website and social media
- Termly mention in the SBC Sports Newsletter
- Premium logo placement at events and in programme materials
- Exclusive invitations to special events and networking opportunities
- Priority access to programme updates and athlete achievements
- Complimentary merchandise
- Option to host a sports clinic or engagement session



**\$100 A MONTH  
GOLD**

**Benefits:**

- Business logo featured on one SBC Premier team of your choice
- Recognition on SBC sports website and social media
- Termly mention in the SBC Sports Newsletter
- Logo inclusion in selected event materials and communications
- Invitations to selected events and programme updates
- Access to behind-the-scenes content and athlete highlights



**\$100 A YEAR  
SILVER**

**Benefits:**

- Recognition on SBC sports website
- Access to newsletters and athlete updates
- Opportunity to support student-athlete development and school programmes



**HAPPY TO HELP  
DONATION**

**Benefits:**

- Directly supports student-athlete development, coaching programmes, and resources
- Helps maintain and improve training facilities, equipment, and programmes

NOTE: all prices are plus GST



# IMPACT AND OUTCOMES

- Enhanced athlete performance through structured strength, conditioning, and performance analytics.
- Improved coaching quality via mentorship, training, and technical leadership.
- Increased player IQ and resilience, equipping athletes with lifelong skills in discipline, teamwork, and leadership.
- Greater community engagement through storytelling, visibility, and shared success.
- Long-term sustainability of sporting excellence within St Bernard's College and its feeder networks.
- Improved mental health and well being
- Lifelong Habits and health and fitness routines.
- Improved discipline and self-confidence.
- Better sleep and improved focus for learning.

**Become a Member today and support our boys in blue: [CLICK HERE](#)**

