

# St Bernard's College Sports Newsletter



**DRAGON BOATING TEAM**

## Welcome to our Sponsors and Community Sports Newsletter - Term 1 2026

What a start to the year — Term 1 is always action-packed, with summer sports firing, winter pre-season underway, 14 one-day tournaments, Summer Tournament Week, and plenty of opportunities to get to know our new students. For all the excitement and highlights, please read through the updates below.

### Strength & Conditioning Programme:

This year, we launched our own in-house Strength & Conditioning programme (yrs9-13), led by Sammy Apu'ula, owner of SWET Gym here in Wellington.

Sammy brings over 20 years of experience and is passionate about creating an environment that helps students develop good habits and a strong mindset, both physically and mentally.

Together with his wife, Julia, they are changing the game by supporting our students to grow in confidence, resilience, and overall athletic development from an early age and have already seen incredible results.

They live by a philosophy of helping those who are willing to help themselves at all levels, and the selfless time they give to our students is nothing short of inspiring.

Sessions are offered at just \$60 per term — a heavily subsidised cost that ensures more of our boys can access this high-quality programme and work towards achieving their goals.

Looking ahead, we plan to invest in additional equipment as demand continues to grow. These sessions are also strategically integrated by our Premier coaches, helping to prepare our boys for the season ahead.

TERM 2 Registratons are OPEN!

Follow them on instagram to see all the amazing things they are doing: [sbc183\\_strength](#)



### Terminology used in our newsletter

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

### BUILD NEW WITH GJ'S

**GJ's Hutt Valley will donate \$250 to your school per signed build contract\***

\*T&C's apply. \$250 donation per signed build contract with Hutt Valley Construction Ltd. Must nominate school before signing. Offer may be withdrawn at any time.

04 567 8900 [gjgardner.co.nz](http://gjgardner.co.nz) **G.J. Gardner. HOMES**

Thinking about building a new home?

Please consider GJ Gardner Homes, **they will donate \$250 to our sports programme for every new build!**

Just make sure you mention SBC when you sign up.

Support your future and our athletes at the same time



## School Athletics

Another fantastic day put on by Mr Hewson and all the teacher support for the boys! While the majority of students are there to dress up and represent their houses with pride, the event also serves as a qualification for Regional Athletics. This year, 18 students represented us at the College Sport Wellington event. Those who qualify in the year 7 & 8 age bracket will go on to compete in Term 4.

Final House Results:

1. Pompallier
2. Chanel
3. Ignatius
4. Marcelin

Even though Ignatius was announced last on the day, the points are saying otherwise! Hmmm!



## College Sport Wellington Regional Representatives:

Angus Beveridge, Ishek Gounder, Thomas Greally, Caid Holmes, Se'eti Leiataua, Carter-Jay Love, Tenakee Love, Kai Mafi-Macdonald, Lars Meyer-Westfeld, Max Mooney, Joseph Perez, Taran Priest, Caiden Pritchard, Elijah Taylor, Ryder Temara, Avy Uili, Tyller Unasa, Ocean Wilson



# Badminton

Hutt Valley Badminton hosts our intermediate players each Thursday, with six teams representing us. Most of these students will continue on in Terms 2 and 3. A big thank you to all the parents who support us each week, helping our students get involved in sport. We look forward to Term 2 as our College students begin their season.

Congratulations to our Premier Team selections: Jovan Joby, Jeese Joby, Liam Baltazar, Jonah Ah-Young, and our newest addition, Ben Harrington!

# Bowls

Once again our boys did not disappoint in the CSW Weekly Comp.

## Division 1 Winners:

- Jake Allen-Hargreaves (Year 12)
- Hadley Barber (Year 12)

## Division 1 Runners-Up:

- Flynn Mildenhall (Year 12)
- Aaron Wallace (Year 12)



A special mention goes to Aaron, Jake, Flynn, and Ryley, who were selected for the **Lower Hutt Bowls Team**. Jake and Flynn performed exceptionally, finishing 3rd in the Lower North Island as a pair, with the overall Lower Hutt team placing 4th. This was a fantastic representation of our SBC boys at the Regional Zonal tournament, bringing their season to a strong and successful close!

We'd also like to thank Lower Hutt Bowls for hosting our boys each week. A special shout-out goes to Allison, who consistently supports our students at these events and provides bowls for those who need them. Her dedication, along with her team's, is truly appreciated.



LOWER HUTT TEAM, AARON,  
JAKE, FLYNN, RYLEY



CSW ONE DAY REGIONAL  
TOURNAMENT, BRAXTON,  
RYLEY, BRAXTON

## CSW REGIONALS BOWLS:

Many of our boys were unable to compete in this event this year due to school commitments. However, congratulations to Braxton Dorward and Ryley Hawtin for making it into the top 4 as a pair. A special mention also goes to Braxton Benson, who entered as an individual. His first game was against the best U18 player in New Zealand, and he performed amazingly, gaining valuable experience to kick off his day.

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# Basketball

## Introducing Our New Basketball Director – Jason Love

We are thrilled to announce Jason Love as our new Basketball Director. Jason coached our team to victory at the AIMS Games last year, runs the Hawks Basketball Club, and is a Hutt Valley Representative Coach. We are extremely fortunate to have Jason join us, he brings the strengths we've been looking for: high standards, expertise in developing strong team culture, and a clear vision for our programme. He is joined by his amazing wife, Chontel, who provides invaluable support in administration and time management.

Jason has hit the ground running, with trials and trainings already completed for our top teams as they aim to reclaim the premiership division again this year. He recognizes the importance of our Strength & Conditioning Programme for our players and is using it as a strong foundation to develop our athletes. Jason emphasizes the value of attendance at both S&C sessions and team trainings, and he has developed a comprehensive programme that he is now sharing with our coaches, setting clear expectations for what it means to play basketball for SBC.

The future of our basketball programme looks very bright, and we are grateful to have both Jason and Chontel onboard to guide our players and volunteers to even greater success.

## Aims Basketball Team 2026

As we head into the third season of the SBC Basketball League, excitement is building once again. This internal league not only gives students valuable weekly game time across two terms, but it also serves as a key part of our AIMS Games preparation process.

We're pleased to announce the students who have been selected to represent St Bernard's College at the 2026 AIMS Games Basketball Tournament. Congratulations to the following players:

- Jason Auva'a
- Maaz Buksh
- George Cocker
- Adam Fisher
- Patolomeo Malaeulu
- Thomas Pascual
- Fletcher Philpott
- Amon Soutar
- Lennox Tavite
- Tanerau Te Huna-Whaanga
- Carter Wilson

Well done to all selected. We're looking forward to seeing this group grow as a team and represent SBC with pride on the national stage later this year!

## Easter Weekend – Stream Bball Invitational

Each year, we use this tournament as a valuable hit-out for the season ahead. Senior A team used the event to identify key areas to work on for the season.

The Senior A team had great success, making the semifinals, and showed an extremely promising future. There is always plenty to refine under Coach Pena, but with his high standards, we know this will be a season to watch for both our Junior and Senior A teams.

Meanwhile our Junior A team treated the weekend as a team bonding camp, focusing on planning, goal-setting, and building unity.

# Cricket

For Term 1 2026 we had three cricket teams playing in the CSW competition.

Our Junior X1 made up of YR9 and 10 students played in the 40 over Junior grade. For the first time we had a Senior T20 team that played midweek and our 1<sup>st</sup> X1 playing in the premier grades.

Special thanks to Tony, Sam, Liam, Justin and Zac for looking after the teams.

## 1<sup>st</sup> X1 report follows:

Played 7, won 1, lost 6

Centuries - Flynn Mildenhall 128\*

Fifties - Flynn Mildenhall 52, Ishek Gounder 52\*

Best Bowling Performance - Sam Howat - 6-1-21-4

3 Catches in a Match - Jake Allen x 2, Ishek Gounder

This term was a bit of a re-build for the 1st X1 as we lost nearly half the team at the end of last year through leaving school or not returning to the team. This meant we had 5 new players join us in Term 1.

It was a learning curve for new players, old players and coaches alike. After 3 tough games, the team started to steadily improve, culminating with our 1st win against St Pats Silverstream. It was a resounding win, highlighted by a very good bowling and fielding performance and a 130 run opening partnership between Flynn and Toby.

Overall, the team can be proud of the improvements that were made throughout the term. As coaches we are especially proud of their attitude and how the boys played as a team and supported each other. With some regular off season training, we can look forward to a good season in Term 4.

Tony Mildenhall & Sam Jones



## Intermediate Cricket - Sports Exchange

We have a great relationship with HIBS, which provides our intermediate students with valuable opportunities for sports exchanges. This term, we were excited to take our Year 7/8s to play against HIBS once again.

A big thank you to student coaches Flynn Mildenhall and Edwin Austin, who gave up their time on Fridays after school to help prepare the team for this friendly.

The game was played in good spirits on a relaxed Monday in Upper Hutt. Although we came close, we just missed out against a well-established HIBS team. We are so proud of our young men, many of whom were playing for the first time. We hope they left the game inspired and excited to continue developing their skills — they showed some excellent talent throughout the match!





## Dragon Boating

The SBC 183 Dragon boating team competed for their third year in a row at the NZ Secondary Schools Dragon Boating Championships on Sunday March 1st.

There was a lot of interest in the team this year with over 50 boys putting their hand up to be involved. After a trial and selection process the squad was cut down to 22 paddlers (20 in the boat + two reserves) and a caller. The boys worked very hard at training and improved a huge amount over the month they spent together.

On competition day, the SBC 183 crew looked very promising, qualifying for the final with the fastest time through the heats.

The final was a very close fought affair with SBC 183 ending up third overall. Throughout the competition, and training, the boys exemplified our school values and carried themselves in a way our entire school community could be proud of.

Roy McGrath  
(DP & Dragon Boating Convenor)



*Ultimate Team Sport!*

# Futsal

Another season of epic futsal is in the books! Played by the majority of our footballers, it's a fast-paced, fun way to compete with friends. This year, two of our senior teams made the finals in their grades, and our Intermediates launched their own newly established Monday night league.

A huge thank you to all our supervisors and managers, we simply couldn't field teams without you!

Both our junior and senior top teams compete in Division 1, training weekly to keep up with the bigger schools. It's also excellent preparation for the CSW Senior Regional Comp, and our Juniors who represent us at Nationals in Wellington. Special thanks to our amazing teachers and coaches, Mr McLeod (Junior A) and Mr Gordon (Senior A), for guiding and inspiring our players every step of the way.



JUNIOR FUTSAL TEAM

# Golf

Golf is a sport enjoyed by many of our students, but not everyone is able to make the weekly competitions. This season, we had two teams of friends enter and compete for the enjoyment of the game. It was great to see students getting out on the course, building their skills, and sharing the experience with their mates.

# Touch

More players came out to play for fun this term, especially our Year 13s who wanted to finish their final year by enjoying time on the field with their mates.

Our Senior A team placed 4th in the CSW Competition, while our Junior A team took out the weekly college competition in a nail-biting drop-off against Stream.

Our Intermediates also impressed, fielding five teams this season. For the third year in a row (possibly longer), our Intermediate A team remains undefeated in the Total Touch competition — an outstanding achievement!



SENIOR TOUCH TEAM



JUNIOR TOUCH WINNERS



INTERMEDIATE TOUCH WINNERS



JUNIOR VOLLEYBALL WINNERS

## Volleyball

Another great season for our volleyballers! As the sport continues to grow in popularity among our juniors, both our Senior A and Junior A teams have once again proven themselves among the best, confirming their Premiership status.

Our Junior A team had an outstanding season, taking out the CSW Lower Hutt competition with a finals win over Stream. Looking ahead to Term 4, both teams will step up to compete against the top sides from across the region, an exciting opportunity and well deserved.

## Water Polo

The senior water polo team kicked off the season with a solid game against Wellington College, setting a good tone early on. As the weeks went on, the team kept improving, with players growing in confidence and working better together each game.

There were a few tough losses during the season, including games against St Patrick's College, Town and Palmerston North Boys' High School, but the team kept pushing and didn't let those results define them. It was clear that everyone was developing and stepping up as the competition got harder.

By the end of the season, the team was in the mix for finals, finishing level with Rongotai but just missing out on goal difference. Even so, they came back strong for the final against Palmerston North Boys' High School.

That game was definitely a highlight. The team fought hard the whole way through and managed to come back and draw, with some awesome plays and real determination shown in the pool.

Finishing third equal is something the team should be really proud of. Everyone improved a lot over the season and it showed in how they played.

Big thanks as well to the coaches and managers for all the time and effort they put in throughout the season.



# College Sport Wellington One Day Tournaments

## 14 Tournaments – our teams represented with pride across all codes:

### Athletics

- CSW Athletics Qualifiers – 6 students
- CSW Regional Athletics – 18 students

### Basketball

- CSW Senior Regional 3x3 Basketball – 6 teams

### Bowls

- CSW Senior Regional Bowls – 3 students
- CSW Lower North Island Bowls – 4 students

### Futsal

- CSW Senior Regionals Futsal – 1 team

### Golf

- CSW Senior Regionals Golf – 1 student

### Ki O Rahi

- CSW Senior Regional Ki O Rahi – 2 teams

### Kilikiti

- CSW Senior Regional Kilikiti – 1 team

### Rippa Rugby

- CSW Senior Regional Rippa Rugby – 2 teams

### Softball

- CSW Senior Regionals Softball

### Tag

- CSW Senior Regional Tag Tournament – 3 teams

### Touch

- CSW Senior Regional Touch – 1 team

### Volleyball

- CSW Senior Regionals Volleyball – 2 teams

### Other Events:

CSW Coaching & Referee Clinics: 50 students

Rugby Golf Fundraiser

Netball vs SHC

Basketball: Students vs Teachers

Year 13's Lunch time Activities for Intermediates:

Danish Rounders and 3x3 Basketball



TAG



KI O RAHI



KILIKITI



FUTSAL



3X3 BASKETBALL



SBC VS SHC NETBALL

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# Summer Tournament Week

Summer Tournament Week is one of the biggest events on our sporting calendar, bringing together colleges from across the country to compete at a high level across a range of codes and divisions. It is a true celebration of school sport and an opportunity for students to showcase their talent, teamwork, and determination on the national stage.

This year, St Bernard's College proudly sent three teams to represent us, going head-to-head with some of the best school teams in New Zealand, along with two mountain bikers competing in their respective championships, supported strongly by their families. Each team brought their own energy, pride, and competitive spirit, making the most of this valuable experience.

## Softball Secondary Schools

Again held at Fraser Park, this four-day tournament was a fantastic opportunity right on our doorstep. It provided our softball players with a platform to showcase their skills and represent their sport with pride throughout the week.

The final came down to a nail-biter against Stream. Unfortunately, it's tough to defend against their pitcher, widely regarded as the best in New Zealand, but we are incredibly proud of the team's effort in a narrow 1-0 loss against such a quality opponent.

A huge thank you to Rhys Casley, Aaron Byrne, and Rose Barber for their support of the boys throughout the tournament.



A SPECIAL THANK YOU TO OUR YEAR 13 STUDENTS: TAIKA CROSS, TAI MARIRI, AND ARLO CROSS, WHO HAVE WORN THE SOFTBALL JERSEY FOR THE FINAL TIME. YOUR COMMITMENT IN REPRESENTING SBC OVER THE PAST SEVEN YEARS HAS BEEN OUTSTANDING, AND YOU LEAVE WITH A LEGACY TO BE PROUD OF.

## Junior Futsal Nationals

Junior Futsal brings together the best junior players from around the country here in Wellington, an opportunity we always aim to capitalise on. The boys are outstanding and consistently show they can compete at the highest level in a highly competitive environment.

A big thank you to Mr McLeod for his ongoing coaching throughout the term and his support at this tournament. We are very grateful for his expertise and the time he invests in developing the players.



# Volleyball Nationals

Volleyball Nationals brought together one of the largest fields in school sport, with approximately 140 boys teams competing across seven divisions nationally.

The event showcased an incredibly high standard of volleyball, with teams ranked into divisions based on ability, results, and qualification pathways.

St Bernard's College competed in Division 3, placing them firmly in the competitive middle tier of the national structure. The team faced strong opposition throughout the week, with every match providing a tough test and valuable learning experience against well-drilled and skilled programmes from across New Zealand.

The boys represented the college with pride, showing determination, teamwork, and resilience across the tournament. Competing over five days within such a large national field is a strong achievement, and the experience gained will be invaluable for the continued growth of volleyball at St Bernard's College.

Special thanks to Measina Volleyball Club for their ongoing support of our volleyball programme, and also to Sina Sola, Sina Uilelea, and Gladstone Ama for giving up their week to coach and support the team.



LEIGHTON WOLEDGE (YR9)



JAGGER LAWN (YR 8)

## Mountain Biking

The Mountain Biking Championships in Wellington provided a fantastic opportunity for riders to test themselves against some of the best school competitors in the country on a challenging and demanding course.

The event showcased skill, endurance, and determination across all categories, with riders pushing themselves in testing conditions.

St Bernard's College was proudly represented by Jagger Lawn and Leighton Woledge, who both competed with great commitment throughout the event. Riding tough courses against strong national competition, they demonstrated resilience, control, and a strong work ethic from start to finish.

Both riders can be proud of their performances at a national level, gaining valuable experience and representing the college with pride in a highly competitive field.

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## Rugby Update

This year we warmly welcome Coaching Director Chris Stirling to our rugby community as he takes on the opportunity to upskill and develop our outstanding coaches. Chris brings a wealth of high-performance rugby experience, being involved within the Hurricanes high-performance environment, and has an extensive background in New Zealand rugby across provincial, age-grade, and development pathways. He is highly regarded for his work in coaching development, player pathways, and building strong rugby systems that support long-term growth.

His expertise will be a significant asset as we continue to grow and strengthen rugby across the college.

This season we aim to field six teams: 1st XV, 2nd XV, 3rd XV, U15 A, U15 B, and U65s, ensuring there are pathways and opportunities for every student who wants to be involved in the game.

## THANK YOU

We would also like to acknowledge and sincerely thank Nick Risdon for his four years of dedication to rugby at St Bernard's College. While Nick has stepped back due to family and work commitments, we are grateful that he will still support the 2nd XV and continue to share his extensive knowledge of both the game and SBC rugby. His passion, time, and energy over many years have been greatly appreciated by the rugby community.

## GOLF - RUGBY FUNDRAISER



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# GOLF - RUGBY FUNDRAISER Cont.

On 27 February, a dedicated group of rugby volunteers hosted our annual Golf Day and what an outstanding day it turned out to be. After a great deal of work in the lead-up to the event, everything came together perfectly, with a fantastic turnout and ideal weather on the day.

A huge thank you to everyone who attended, as well as to our sponsors and those who generously donated auction and raffle items. Your support played a huge role in making the event such a success.

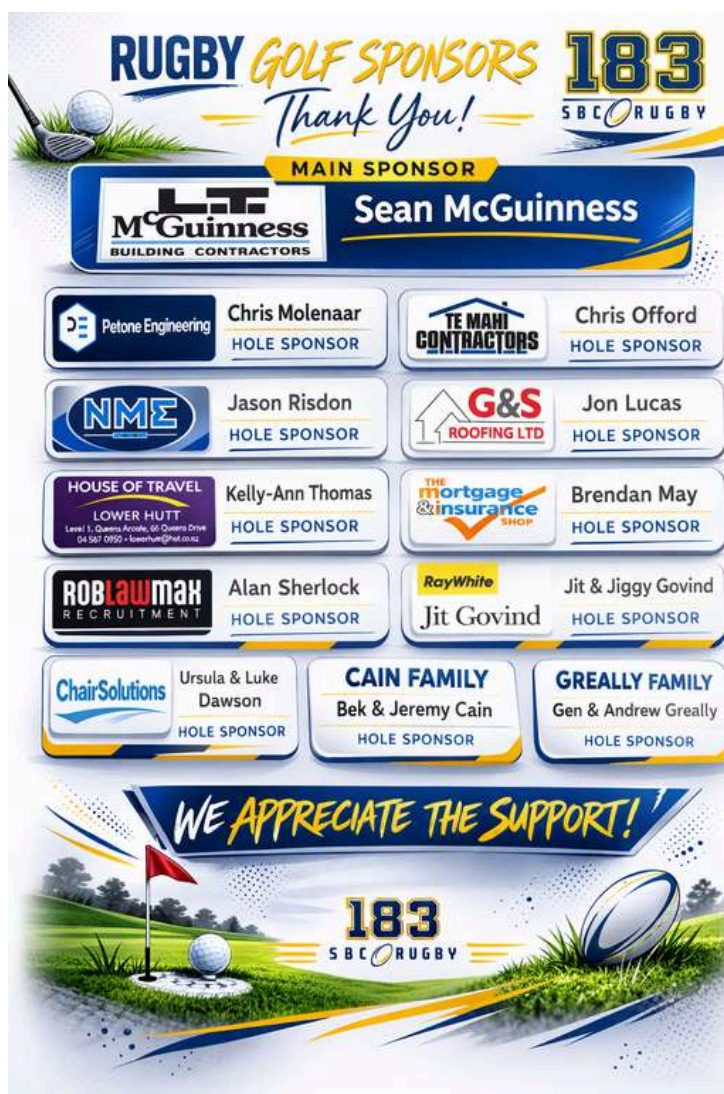
Special thanks to Sean McGuinness (LT McGuinness) for his support as our main sponsor, Hamish Drumm for bringing energy and entertainment to the auction, and Mark Keating, Russell Shaw, and Brendon May for keeping everyone well-fed on the BBQ throughout the day.

Congratulations to Lau, Brett, Conrad, and Pat on taking out the Pat Quin Trophy —a well-deserved win on the day.

Thanks to the generosity of our community, we have been able to secure important resources for our rugby programme, including coaching support and essential equipment, which will have a lasting impact throughout the season.

## **We are also incredibly grateful to our prize donors:**

Paraparaumu Beach Golf Club  
Royal Wellington Golf Club  
Breville  
Liquorland Waterloo  
Ōtaki Holiday Home  
Manor Park Golf Club  
New Zealand Rugby  
Carters  
Stihl Petone  
Brian Perry Civil  
Chair Solutions  
The Sebel Lower Hutt  
Golf Warehouse Lower Hutt  
PB Tech Petone  
PlaceMakers  
Makita  
Abandoned Brewery  
Hunting & Fishing Petone  
Swet  
New World Lower Hutt



Finally, a huge thank you to our Fundraising Team—Andrew Greally, Daniel Peckston, Lee Bosworth, and Stephen Cross, for the significant amount of work behind the scenes in the lead-up to the event and on the day itself.

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# Sports Captains 2026

**Congratulations to our Sports Captains for 2026, Angus Beveridge and Finlay Bosworth.**

Being Sports Captains at St Bernard's College means representing the spirit and pride of sport across the whole school. It's an opportunity to give back to SBC students, just like the Year 13s did when we were in Year 7. They inspired us and helped build the foundation of who I am today, and now we have the chance to do the same for others.

The role is about creating pride, energy, and unity across all sports. It's about showing commitment, encouraging participation, and making sure every student feels part of something bigger. Sport becomes something the whole school can look forward to, whether it's big games, competitions, or just representing SBC with pride.

Angus & Finlay



## WHAT TO LOOK FORWARD TO

There is always plenty to look forward to as the winter codes kick in, including rugby, football, basketball, badminton, table tennis, hockey, and water polo.

Our annual Sports Exchange with Francis Douglas Memorial College is always a highlight of the sporting calendar and something we all look forward to, as we prepare to host them at the end of the term.

As we move into the Winter Sports season, we want to take a moment to acknowledge those who make it all possible. To our sponsors, thank you for your continued backing of our programmes. Your support plays a huge role in creating opportunities for our students and allows us to keep building and improving each year. With participation continuing to rise, your contribution is making a real and lasting impact.

To our volunteers—our coaches, managers, and supervisors—thank you for everything you give. The hours you put in, the guidance you provide, and the energy you bring are what drive our sport forward. Quite simply, without you, there is no sport. Your influence extends well beyond the game itself, helping shape the experiences and growth of our boys.

There's a real sense of excitement heading into the season, with plenty happening across all codes. Stay connected with us on social media for updates, results, and a look behind the scenes as the season unfolds.

Instagram & Facebook: @sbc183sport

Kind regards

Director of Sport  
St Bernard's College

A handwritten signature in black ink that reads "Wendy Tukapua".

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# 100 CLUB CONTRIBUTORS

PETONE ENGINEERING, NUMBERWORKS'nWORDS TUTORING, LT MCGUINNESS, NME, HAIRY BARBER 2020 LIMITED, THE NODDER GROUP, CLELAND FAMILY, SUSANA, and AMANDA

Your support directly impacts our Strength & Conditioning programme, equipment upgrades, and the provision of coaches and managers across our sports programme.

We are incredibly grateful for your ongoing commitment to our students and the opportunities your support helps create.

If you would like to be part of the 100 Club, please email [wtukapua@sbc.school.nz](mailto:wtukapua@sbc.school.nz) to find out more.

## THANK YOU

### ST BERNARD'S COLLEGE SPONSORS 2026

SBC SPORT	SBC SPORT
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4 Ninety Electrical	NME
Accountants Plus	NumberWorks'nWords
AMC Electrical	NZ Retail Equipment
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Bathroom Solutions	PCL Contracting
BFT Lower Hutt	Peryer Construction
Cleland Family	Petone Engineering
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Maycroft Construction	