



Sacred Heart College  
AUCKLAND

# Sports Institute



# Sacred Heart College Sports Institute

The Sports Institute was established in 2007 to identify and work with **high-performing students** who we believe have the potential to become elite sportsmen during their time at Sacred Heart College. The aim is to improve the skill levels of players at a junior level so that by the time they reach senior level, they are significantly advanced. Boys in Years 7 to 10 participate in the Institute, representing six key sports at the College: Cricket, Football, Rowing, Rugby, Tennis and Water Polo. The Institute takes approximately 130 boys each year across these year groups.

Students who are involved in the Institute are proving to be fitter, better prepared for their season and more disciplined in their health and fitness. They benefit from presentations by experts that impart key strategies the boys can use to improve their sporting preparation and performance. Pre-season fitness, conditioning, theory, nutrition and time management are covered as well as skill development in their chosen sport.

## Sports Institute goals

1. To identify, develop and support the gifted and talented sportsmen of Sacred Heart College.
2. To improve the sporting performance and success of Sacred Heart College in targeted sports and sport in general.
3. To create and develop a strong coaching structure and coaching qualifications among Sacred Heart College staff, Old Boys and parents.
4. To develop among all students, including the gifted and talented, a passion to give their best to Sacred Heart College sport.
5. To maintain the best possible sporting facilities at Sacred Heart College, e.g. sports fields, cricket nets and practice strips and aquatic centre.
6. To strategically develop a Sporting Plan in order to successfully compete and eventually win Auckland, North Island and New Zealand titles.

The goals have been achieved in the following ways:

- The **Cricket** 1st XI are firmly established in the Premier A competition of secondary school Cricket. The team is competitive year in and year out. The depth of Cricket is improving due to the skill development that takes place at Cricket Institute sessions. We presently have four students involved in the Developing Future Aces programme which is run by Auckland Cricket. This suggests we will be well represented in Auckland age group representative teams during the coming years.
- **Football** has seen incredible growth since 2007 and this season we fielded 18 teams. In the past five years

our 1st XI have won the Auckland Premier League four times and have been National Champions in 2011, 2014 and 2016 - a monumental achievement. In grade Football we consistently have several teams winning their respective leagues.

- **Rowing** is one of the most physically demanding sports at the College. Our programme is moving from strength to strength with medals in the Auckland and North Island Championships and the Maadi Cup in 2011, 2012, 2013 and 2014. In 2016 our U18 Novice Eight won Gold at Maadi, a huge achievement.
- Grade **Rugby** continues to dominate in the Auckland competitions with significant representation at Rugby Finals Day. The 1A competition is one of the toughest school boy competitions in the world. In 2016 the 1st XV made the semi-finals for the fourth time in five years, and then went on to challenge the 1A final. A large percentage of our boys go on to play representative and professional Rugby.
- The Premier A1 **Tennis** team has made the Auckland semi-finals from 2011 to 2015. A number of players have performed well at Auckland Championship level. In 2016 we fielded eight teams in the Inter-school competition with creditable results achieved across the grades.
- In 2014 our Premier **Water Polo** team was the most successful Water Polo team in New Zealand school boys' history winning all four possible tournaments: the Trans-Tasman Tournament in late 2013, North Island and Auckland Championships and the National Championship title. In 2015 they held the Auckland and North Island titles and in 2016 they took the Auckland title for the fifth successive year.

## Lesson structure

Each sport is organised into two separate groups, a combined Year 7 and 8, and a combined Year 9 and 10. In Years 7 and 8 each student is to attend two periods a week of their Sports Institute chosen sport as part of their normal curriculum. The Year 9 and 10 groups have three lessons per week. Throughout these lessons they will receive high-quality coaching and theory lessons in the classroom, both designed to improve and develop not only their practical skills, but also their understanding of how to look after their bodies and train properly for their chosen sport. The theory lessons are based around generic sport-related studies and include such topics as goal setting, sports psychology, diet and nutrition.

Their acquisition of new skills, a greater understanding of sport and their general involvement in the programme have the potential to positively affect other areas of school life and help the boys become well-rounded individuals.





If the boys feel that they are sufficiently competent in two sports, both a summer and winter code may be selected. This is quite a commitment for a student however, and all parties concerned must be fully aware of the demands that this will place on their bodies.

## Expectations

The following conditions apply for Institute boys:

- The Year 7 and 8 boys are expected to catch up with any academic work they miss as a result of attending their Institute classes.
- In Year 9 and 10, boys choose Sports Institute as one of their option lines.
- All those in the Institute are expected to attend their lessons and come prepared to work hard physically and mentally with a positive attitude. High standards and work rate are expected of all students accepted into the Institute.

## Applying for a position in the Institute

Each year, **boys who are accepted into Sacred Heart College** can apply for a position in the Institute. The main part of the selection process involves a sport-specific skills assessment. These will be undertaken by Sacred Heart College teachers involved with the Sports Institute, and a selection of outside coaches. There may also be some fitness testing completed as well.

Applications open each July for the following year. After applications are received, students are invited to the College for trials in September. Boys selected to attend the assessment day will receive a formal invitation. Those who are not asked in for the assessment day will also be contacted, and they are welcome to submit another application the following year.

**Dates:** Please refer to the Sport section of the College website to find current dates for closing of applications and Sports Institute trials.

[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

## Communicating with parents

Communication with parents is primarily through the mid-year and end-of-year reports. Parents have the opportunity to also speak with Sports Institute coaches at the Parent/Teacher interviews held in Term 2 each year.

## Sports Institute Contract

With acceptance into the Sports Institute each student and their parents will agree to abide by the Sports Institute Contract (the content of which can be found on the final page of this booklet).

The agreement of this contract ensures boys are committed to the Sports Institute and to representing Sacred Heart College first and foremost.



# Cricket, Football and Rowing



## Cricket

### Coach/Qualification:

Please see the Sport section of the Sacred Heart College website for details of current coaches and qualifications  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

### Year groups involved:

Years 7 to 10

### Uniform:

- PE shorts or white cricket pants
- Sports Institute shirt
- Training shoes/cricket shoes (own)
- Sports Institute training jacket (optional)

For current pricing please refer to the website

### Facilities:

Cricket nets, pitches, gym and Astroturf

### Lesson structure:

Basic skills, games for understanding, tactical awareness, physical conditioning

### Teams involved/pathway:

- Year 7 and 8: Milo Cup team, Wednesday afternoon 1st and 2nd XI
- Year 9 and 10: Colts, Junior A, 2nd XI, 1st XI

### Days of competition:

- Year 7 and 8: Wednesday afternoon and midweek
- Year 9 and 10: Saturday morning

### High-performance pathway:

- Sacred Heart College 1st XI
- New Zealand under 18/19
- Auckland Representative teams
- District teams

## Football

### Coach/Qualification:

Please see the Sport section of the Sacred Heart College website for details of current coaches and qualifications  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

### Year groups involved:

Years 7 to 10

### Uniform:

- PE shorts
- Sports Institute shirt
- Football boots/training shoes, shin pads (own)
- Sacred Heart College sport socks
- Sports Institute training jacket (optional)

For current pricing please refer to the website

### Facilities:

Football fields, gym

### Lesson structure:

Basic skills, games for understanding, tactical awareness, physical conditioning

### Teams involved/pathway:

- Year 7 and 8: Wednesday afternoon 1st and 2nd XI
- Year 9 and 10: 13A, 15A, 2nd XI and 1st XI

### Days of competition:

- Year 7 and 8: Wednesday afternoon
- Year 9 and 10: Saturday morning

### High-performance pathway:

- Sacred Heart College 1st XI
- New Zealand Secondary Schools' under 15 and under 19
- New Zealand under 17/20

## Rowing

### Coach/Qualification:

Please see the Sport section of the Sacred Heart College website for details of current coaches and qualifications  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

### Year groups involved:

Years 8, 9 and 10

### Uniform:

- PE shorts or tight-fitting sports shorts (own)
- Sports Institute shirt
- Training shoes (own)
- Sports Institute training jacket (optional)

For current pricing please refer to the website

### Facilities:

Sacred Heart College Erg Conditioning Room, Auckland Rowing Club

### Lesson structure:

Technique, posture development, physical conditioning

### Teams involved/pathway:

Sacred Heart College novice/under-15 crews

### Days of competition:

Weekends and school holidays

### High-performance pathway:

- Under 15, under 16, under 18, 8/4/Lightweight 4
- North Island Representative
- New Zealand Representative
- North Island and New Zealand Secondary Schools' Championships
- Regional Performance Centre



# Rugby, Tennis and Water Polo



## Rugby

### Coach/Qualification:

Please see the Sport section of the Sacred Heart College website for details of current coaches and qualifications  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

### Year groups involved:

Years 7 to 10

### Uniform:

- PE shorts (rugby)
- Sports Institute rugby jersey or SHC jersey
- Sacred Heart College sport socks
- Rugby boots (own)
- Sports Institute training jacket (optional)

For current pricing please refer to the website

### Facilities:

Rugby fields and gym

### Lesson structure:

Skills, games for understanding, tactical awareness, physical conditioning

### Teams involved/pathway:

- Year 7 and 8:  
Wednesday afternoon 1st and 2nd XV, Roller Mills
- Year 9 and 10:  
6th/7th-grade teams, under-14, under-15 teams

### Days of competition:

- Year 7 and 8 - Wednesday afternoon
- Year 9 and 10 - Saturday morning

### High-performance teams:

- Sacred Heart College 1st XV
- Auckland Representative teams
- New Zealand Secondary Schools team
- Blues

## Tennis

### Coach:

Please see the Sport section of the Sacred Heart College website for details of current coaches and qualifications  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

### Year groups involved:

Years 7 to 10

### Uniform:

- PE shorts or Sports Institute tennis shorts
- Sports Institute shirt
- Training shoes (own)
- Sports Institute training jacket (optional)

For current pricing please refer to the website

### Facilities:

Sacred Heart College tennis courts

### Lesson structure:

Skills, tactical awareness, games, physical conditioning

### Teams involved/pathway:

- Year 7 and 8:  
Sacred Heart College Wednesday afternoon team
- Year 9 and 10:  
Junior A/B, Intermediate A/B, Premier team

### Days of competition:

- Year 7 and 8 - Wednesday afternoon
- Year 9 and 10 - Saturday morning

### High-performance pathway:

- Sacred Heart College Premier team
- Auckland Representative
- New Zealand Representative

## Water Polo

### Coach/Qualification:

Please see the Sport section of the Sacred Heart College website for details of current coaches and qualifications  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)

### Year groups involved:

Years 7 to 10

### Uniform:

- Sacred Heart College swimming togs
- Sports Institute shirt
- Sports Institute training jacket (optional)

For current pricing please refer to the website

### Facilities:

Sacred Heart College Aquatic Centre

### Cost:

There are no costs associated with Sports Institute classes. However, when selected to Year 7 and 8 and Junior teams, there is a training cost for local competitions and tournaments.

### Lesson structure:

15 mins prior to class - warm-up, skills, tactical awareness, games, physical conditioning

### Teams involved/pathway:

- Year 7 and 8 Sacred Heart College teams:  
Local competition and North Island Championships
- Year 9 and 10 Junior A/B:  
Local competition and North Island Championships

### Days of competition:

Year 7 and 8 - Friday and weekend tournaments

Year 9 and 10 - Friday and Sunday and weekend tournaments

### High-performance pathway:

- Sacred Heart College Premier team
- New Zealand Representative
- New Zealand Schoolboys team



## Student Contract Conditions

When you apply online for the Sports Institute you will also be required to download and accept the Sports Institute Student Contract which contains the following clauses:

### For those participating in the Sacred Heart College Sports Institute

By applying for the Sports Institute, undergoing a practical assessment and being chosen to be part of the programme, I agree to the following:

- I will represent the College at my chosen sport(s).
- I will not participate in other teams/sports that could have a negative influence on my involvement/performance for the College teams that I represent.
- I will attend all Sports Institute lessons when I am present at school.
- I will make every effort to maintain a high standard of effort and behaviour in my other academic studies.
- I will make every effort to maintain a high standard of effort, behaviour and conduct in Sports Institute lessons.
- If I am injured or too sick to participate in a practical lesson, I will bring a note to explain this, as I would for any absence from a PE lesson. Any long-term injury requires a letter from a GP, Physiotherapist or other specialist.
- I understand that being a part of the Sports Institute will carry certain expectations in being a sporting role model for the College. I will be expected to take full participation in inter-house competitions, and to participate in other sporting codes/teams as required.
- I will play for the team that my Sports Institute coach selects me for.

The agreement of this contract ensures boys are committed to the Sports Institute and to representing Sacred Heart College first and foremost.

### Sacred Heart College

250 West Tamaki Road, Glendowie  
Auckland 1071, New Zealand  
Phone: +64 9 529 3660 Ext. 812  
Fax: +64 9 529 3661  
Email: [sportsinstitute@sacredheart.school.nz](mailto:sportsinstitute@sacredheart.school.nz)  
[www.sacredheart.school.nz](http://www.sacredheart.school.nz)