

Year 9-13 Sports



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As girls move through the school and academic demands ramp up in the Senior School it is even more important that they find time to be active.

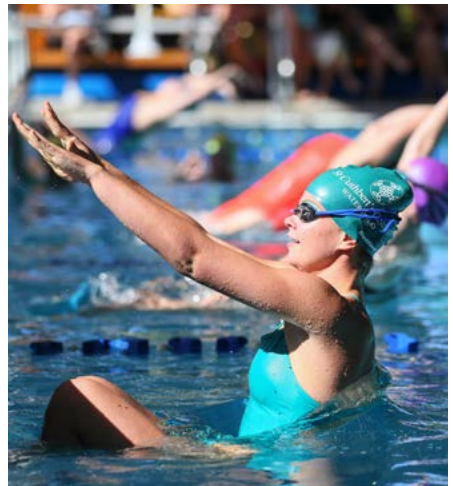
Social Sport and Tailored Development

The Sports Programme is designed to facilitate physical activity for girls at every level — at top levels it is about finding balance between sport and other commitments, while for those just wanting to participate it is about providing the opportunity for friends to get together and play sport socially.

Many of our students enjoy social netball and hockey games, which keep sport fun and provide a manageable level of commitment. Or maybe your daughter is more interested in unwinding with a surf or launching herself from a 10m diving board? With nearly 30 sports on offer every girl can find her niche and a sport that she can enjoy well into the future.

For girls who like a little more competition the school is represented by teams and individuals at inter-school competitions from local to national levels. The school invests in experienced and qualified coaches whose focus is building player skill and teamwork. Many of our coaches have national or even international playing and coaching experience to help girls develop to their best.

Girls who show particular aptitude for a sport may be identified for our Athlete Pathway Programme. This programme is designed to support athletes with injury prevention and management, nutrition, strength and conditioning and the balance between their academic and sporting lives.



Senior School Sports

Sport	Term	Overview
Athletics	1	Participation at Athletics Day; inter-school championships.
Badminton	2	Badminton Club and secondary school competitions.
Basketball	2, 3	Inter-school competition open to students of all abilities.
Cricket	1, 4	Auckland School Competition and tournaments. Links with local clubs.
Cycling	2, 3	Team and individual events at Auckland, North Island and national levels.
Distance Running	2, 3	Cross country and road race with inter-school and national champs.
Duke of Edinburgh	1, 2, 3, 4	Popular throughout the year for bronze, silver and gold awards.
Dragon Boating	1	Year 12 and 13 enjoy this water-based activity at Westhaven.
Equestrian	1, 4	Camps and activities as well as events. Your own horse is required.
Football	2, 3	Weekly competition at all ages and ability grades throughout winter.
Gym Sports	1	Including aerobics, with inter-school competitions.
Hockey	2, 3	About 20 teams, with many games being played on the St Cuthbert's turf.
Multisport	1, 4	Including aerobics, with inter-school competitions.
Netball	2, 3	A large programme with approximately 50 teams.
Orienteering	1, 4	A great way to have fun while keeping fit. Grades to suit all levels.
Rowing	1, 4	A new sport at St Cuthbert's in 2021.
Skiing	2, 3	Practices held at Snow Planet and teams enter North Island Champs.
Squash	2	Three courts in the John Wigglesworth Sports Centre for matches.
Surfing	1	A popular programme with a strong emphasis on safety.
Swimming	1, 3	Teams selected for inter-school competitions from College events.
Table Tennis	2, 3	A social club with teams competing at inter-school competitions.
Tennis	1, 4	Popular summer programme with College and inter-school champs.
Touch	1, 4	Auckland Secondary Schools' and Auckland representative opportunities.
Water Polo	1, 4	Inter-school competitions with teams attending National Champs.
Yachting	1, 4	Three classes offered. Based out of Royal Akarana Yacht Club.

Note: If girls sporting code is not offered at the school then we are happy to facilitate entries into inter-school events, e.g. golf, diving, etc.



Athlete Pathway Programme

Girls who show a particular aptitude for a sport may be identified for our Athlete Pathway Programme. This programme aims to assist athletes to get the best out of themselves in order to achieve sporting success.

Run by former Silver Fern, Anna Stanley, the Athlete Pathway Programme must be applied for and is open to athletes performing at the top level of their sport in the school or at an age group or national level.

The girls attend movement sessions where emphasis is placed on teaching fundamental movement patterns by the Head of Strength & Conditioning – Kaushik Talukdar. Mentoring sessions are taught in the classroom by the Athlete Pathway Programme Manager, Anna Stanley, where the importance of values and character are being taught to ensure the girls are striving to be the very best versions of themselves.

This programme is designed to teach athletes basic movement competency through our strength and conditioning programme, support athletes with injury prevention and management and the balance between their academic and sporting lives.

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