



# SAINT KENTIGERN

8 December 2023

Dear Students, Parents and Caregivers

Welcome to Sport at Saint Kentigern. The College has a rich sporting heritage and offers over 25 different sports codes, with approximately 260 sports teams representing the College throughout the year.

At the College we believe co-curricular activity is integral to a young person's development. Whilst many of our sports teams compete at the highest possible level, we encourage healthy competition, develop team spirit, and cater for a diverse school community through the provision of a variety of sporting activities for all students who wish to participate in sport, regardless of ability.

Participating in Sport greatly assists in gaining confidence, learning to work in a team and building self-esteem as well as making constructive use of leisure time. Most of the practices for these activities take place either before or after school. All students if not committed to other areas of the College co-curricular programme are encouraged to participate in at least one option in summer and one in winter.

To access the Sport communications and updates please log onto the Saint Kentigern OLE. We recommend adding to your personal links the main [Saint Kentigern Sports page](#). These pages include trial details, training times, competition days, uniform requirements and costs. Please check the Sports Page on a regular basis as this is where our Sport Administrators provide up to date information.

Due to the early commencement of the following Term 1 codes, we require students to register their interest by **Friday 15 December 2024** for those that are interested in Tennis and Cricket (Boys). Students please complete the links provided for [Tennis](#) and [Cricket](#). Registration for [Cricket](#) (Girls) is open for a longer period.

An opportunity exists for students in Years 9 and 10 to be selected into Development Programmes in the following sports: Cricket, Netball, Rugby and Football. Classes are built into the College timetable and students who are selected forgo an option to attend these classes. The programme focuses on skill development, tactical awareness, strength and conditioning, mental awareness and general well-being. The programme consists of 4 periods over a 7-day timetable. One of the 4 periods is dedicated to strength and conditioning which takes place in our state-of-the-art fitness centre with our Strength and Conditioning Coach. The other three periods are a combination of technical and classroom work.

As these classes are in place of an option, the trials will be held during the first 3 weeks of Term and a letter of invitation will be sent following the trials. Students will need to register for the following codes [Football](#), [Netball](#) and [Rugby](#)

We look forward to a fantastic year of sport in 2024.

Yours sincerely

Duncan McQueen  
Director of Campus Life and Special Character

Mike Anderson  
Director of Sport

## COLLEGE

For Boys and Girls in Years 7-13  
130 Pakuranga Road, Pakuranga 2010  
PO Box 51060, Pakuranga, Auckland 2140  
Phone +64 9 577 0749

## BOYS' SCHOOL

For Boys in Years 0-8  
82 Shore Road, Remuera 1050  
PO Box 28790, Remuera, Auckland 1541  
Phone +64 9 520 7682

## GIRLS' SCHOOL

For Girls in Years 0-8  
82 Shore Road, Remuera 1050  
PO Box 28790, Remuera, Auckland 1541  
Phone +64 9 520 1400

## PRESCHOOL

For Boys and Girls aged 3 and 4  
514 Remuera Road, Remuera 1050  
PO Box 28790, Remuera, Auckland 1541  
Phone +64 9 520 8814