

## Trial Information

**Rugby/ Football Trial - Thursday 12 November**

**Basketball/ Cricket/ Hockey - Friday 13 November**

9:00am Assemble at the New Gym  
Senior students will meet and direct students to the gym

9.45am Fitness Testing. Students will undertake 3 tests:

Power (Standing Long Jump)  
Speed (10, 20, 40m Sprint)  
Aerobic (2.4km Run)

11.30am LUNCH (students provide their own)

12.00pm Individual sports trials.  
Students must bring correct equipment for trial, see details below

2.30pm Students dismissed

### Students must bring the following equipment:

Lunch and drink bottle

Sunscreen

Fitness Testing Equipment; suitable clothing for exercise  
t-shirt/shorts/running shoes

Cricket; Personal cricket gear, bat, gloves, etc,  
white shirt/ shorts/ suitable footwear

Basketball; t-shirt/ shorts/ suitable footwear

Hockey; t-shirt/ shorts/ suitable footwear/  
hockey stick/ mouth guard/ shin pads (optional)

Football; t-shirt/ shorts/ boots/ shin pads

Rugby; rugby jersey/ shorts/ boots/ mouth guard



**Palmerston North  
Boys' High School**

Established 1902



## Overview:

In 2021 Palmerston North Boys' High School is offering Year 9 students the opportunity to take part in a Sports Development Programme. The purpose of the programme is to provide promising Year 9 sportsmen with the opportunity to develop as athletes. The programme will include five specialised classes in basketball, cricket, football, hockey and rugby. Students will be required to apply and trial for selection into the programme.

## Objectives:

To instil and enhance the school values in each student (Integrity, Courage, Pride, Respect, Industry, Humility).

Develop lifelong learning opportunities through a challenging and stimulating environment.

To promote ideals in our young athletes that will enable them to make informed decisions about furthering their involvement in sport.

To develop a greater understanding in our junior athletes of current methods in sport, in areas such as:

- ◆ Sports Nutrition
- ◆ Goal Setting
- ◆ Time Management
- ◆ Fitness Testing and Programmes
- ◆ Training Methods
- ◆ Skill Development
- ◆ Measuring Improvement
- ◆ Sports Psychology
- ◆ Team and Individual Philosophy
- ◆ Dealing with Success and Failure
- ◆ Coaching
- ◆ Sports Leadership

## Expectation of Students:

*Students involved in the programme will be expected to:*

- ◆ Have a passion for their selected sport
- ◆ Demonstrate the school values to a high standard
- ◆ Have a positive attitude across all curriculum areas
- ◆ Have a willingness to seek and act on feedback given
- ◆ Have high personal standards of behaviour and meet all expectations
- ◆ Regularly attend school and meet all school and extracurricular commitments.

## How to Apply:

Inside the enrolment packs you will find the Sports Development Programme application form. This must be completed and returned to the school office by Monday 31 August. Your son will then be expected to trial for his selected sport on the following days: Thursday 12 November (rugby/football) or Friday 13 November (basketball/cricket/hockey). Further details can be found over the page.

## Acceptance for the Programme:

Letters will be sent in December 2020 to all students who have applied. This letter will inform students whether they have been accepted for the programme in 2021.

## Cost for the Programme:

The cost for the programme will be \$45 which will cover course related costs.

## Further Information:

For further information please contact



**David Barwick**  
**PNBHS Sports Dean**  
 (06) 354 5176 ext 759  
 barwickd@pnbhs.school.nz

## PNBHS Old Boys in the National Sporting Media:

Liam Squire	Highlanders Super Rugby & NZ All Blacks Team
Ngani Laumape	Hurricanes Super Rugby Team NZ All Black Teams
Jackson Hemopo	Highlanders Super Rugby & NZ All Black Rugby Team
Robert Thompson	Highlanders Super Rugby Team NZ Maori All Black Team
Ben Funnell	Crusaders Super Rugby Team
Jamie Booth	Sunwolves Super Rugby Team
Kurt Baker	NZ Sevens Rugby Team
Alex Rufer	NZ All Whites Football Team
Ross Taylor	NZ Black Caps
Adam Milne	NZ Black Caps
George Worker	NZ Black Caps
Hayden Phillips	NZ Black Sticks Hockey Team

