

# Frequently asked questions?

**Rugby / Football – Wednesday 15<sup>th</sup> November**

**Cricket / Basketball / Hockey – Friday 17<sup>th</sup> November**

**Start – 8.45am at the New Gym**

**Finish – 2.30pm**

What is involved in sports development trials?

- Fitness testing: 800m run, max pushups / situps, standing long jump, speed (10m / 30m)
- Skill testing associated with chosen sport.
- Game play

What sports are offered?

- Rugby
- Basketball
- Cricket
- Hockey
- Football
- Individual athlete class (year 10 only – selected at the end of year 9)

What happens if you miss the trials?

- Catch up trials will be run in February 2024 for any student who has missed the trials because of injury / illness or other commitments.

If they miss out on selection in year 9 can they make it in year 10?

- Trials for any year 9 students wanting to make sports development for year 10 are run at the end of year 9.

How many students are selected per sport?

- This number varies on the sport being played and the ability of those who trial. There is no set number.

Can a student trial in more than 1 sport?

- Yes. If the sports are on the same day equal time will be allocated to trial for both.

Can a student be selected in more than 1 sport?

- Yes. A student can choose to spend term 1 and 4 in a sport and then change in terms 2 and 3.

How many times per week do students have sports development?

- 1 conditioning session with Mr Finch.
- 2 periods with coaches.

Do students do core PE as well as sports development?

- No.

Any questions, you can contact me by email at [davidsons@pnbhs.school.nz](mailto:davidsons@pnbhs.school.nz).

If you don't complete the online registration form for sports development trials on time you can still trial. Turn up on the days advertised and we will register you (or register by emailing your sons full name, sport(s) and any medical conditions).

Thanks,

Scott Davidson

TIC Sports Development Program