

SWIMMING

There are opportunities for students to compete in the Clutha Primary Swim Champs on 7 March at Balclutha and Otago Primary and Secondary Champs on 7 April. Our school Swimming sports will be on Wednesday 28 March. The Milton Swim Club offers lessons and a training squad when the Milton pool is open. TIC: Lisa McElrea Cost: Minimal

TOUCH RUGBY

The Touch season is underway with the Seniors playing in Balclutha on Thursday evenings. Year 7 & 8 play in Balclutha on Thursday evenings in Term 4. The Otago Secondary School champs are on Saturday 24 Feb for our Senior mixed team. All touch teams will remain the same as last year. TIC: Tom Sinclair Cost: Seniors \$50-\$70, Juniors \$30 plus parent run transport roster.

SPORTS EXCHANGES We are involved in 2 sports exchanges during the year. A summer exchange playing touch, basketball, futsal and netball with East Otago High School will be held at the Edgar Centre in Term 2 on Wednesday 16 May. We host a winter exchange with Blue Mountain College biennially, playing rugby, netball, basketball, football and/or hockey. This year Tokomairiro are travelling to Blue Mountain College during Term 3.

YEAR 7 / 8 TOURNAMENTS We traditionally send teams to Primary School tournaments in Clutha, including Rippa, Cricket, Golf and Quadrathon. Listen out to the notices during the year, read Sports Talk in the Genesis or follow the Tokomairiro High School Facebook page for when these tournaments are coming up.

OTHER SPORTS The NZSSA run many other events in a range of sports (rowing, mountain biking, skiing, motocross, equestrian, clay target, biathlon ...you name it!). If you have a specialist sport or interest then check out the calendar on the OSSSA website <http://www.ossas.org.nz/> or come and have a chat in the PE office with the sports team.

Sport at Tokomairiro 2018!



Dear Students, Parents and Caregivers

Below are some of the sports that we will endeavour to offer in 2018. Every year there are different and new opportunities arising so get involved!

Please note the following:

- Parents are invited to be involved: coaching, managing, supporting, transport. WE NEED YOU!
- Costs listed below are estimated. These can change as organisations change their fees every year.
- TIC = Teacher in Charge.
- Follow us on <https://www.facebook.com/TokomairiroHighSchool>
- Key contacts: Lisa McElrea (Sports Co-ordinator) or Tom Sinclair (Head of Sport) on 4178620 or email lisa@tokohigh.school.nz or tom@tokohigh.school.nz

Wishing you the best for the 2018 sporting year.

Tom Sinclair/Lisa McElrea

2018 Sports

ATHLETICS

School Sports are Thursday 22 February. Parents welcome to attend the location is the far sports field.

Otago Sec Schools Athletics 3 March, SOPSSA Primary Athletics 5 March, Southland Primary Champs 7 April and South Island Athletics 24 March. For athletes serious about doing well, the Taieri club night is on Tuesdays at Mosgiel or you can practise using school gear at lunchtimes or after school.

TIC/Coach: Tom Sinclair Cost: TBC (mainly transport)

BADMINTON

The Badminton Club will run 1 lunchtime per week. Badminton is great fun and very social. More information will follow.

TIC: Andrew King Cost: TBC but minimal

BASKETBALL

If enough students are keen and committed, a team will be formed. Competition is on Friday nights in Dunedin during term 2 and 3. There is a year 7/8 competition in Clutha. Our teams play in an exchange each year against Blue Mountain College.

TIC/Coach: Peter Eaton Cost: TBC

CRICKET

Seniors play Club senior cricket for Toko on Saturdays.

Year 7/8 students play on Friday nights during terms 1 and 4.

TIC/Coach: Rakesh Sajwel Cost: Approx \$30

CROSS COUNTRY

School Cross Country Thursday 12 April, Milton Relay 24 May, Otago Sec Schools 1 June, NZSS Cross Country 17 June.

Year 7/8-South Otago Cross Country Clinton 22 August and Otago Primary Cross Country Dunedin early in September.

Students interested in doing well should start their training soon. Come and join the run club Friday lunchtimes with Mr Sinclair.

TIC: Tom Sinclair Cost TBC (mainly transport)

FUTSAL

Year 7/8 team: 5-side Futsal, Edgar Centre, Dunedin on Tuesday night during Term 1 and 4.

Year 9/10 team: 5-side Futsal, Edgar Centre, Dunedin on Thursday night during Term 1 and 4. Practices Tuesday lunchtimes in school gym.

TIC: Mary Hart Coach: Daryll Reddington Cost: \$55 plus being on a parent transport roster

HOCKEY

Hockey is played in Term 2 & 3. All games are played at the turf in Dunedin. Year 7/8: Friday night, Mixed senior team and Senior Boys on Tuesday night.

TIC: Cost: 2017 fees were \$100 Juniors plus a parent run transport roster, Seniors \$150 these may well increase.

MULTI SPORT

There is the Otago Sec Schools Triathlon at Wanaka. For Year 7 & 8's the South Otago Triathlon is 28 March at Balclutha. Waiwera South Quadrathlon which involves running, (cross country and road), cycling and swimming is 27 Nov. Year 9/10: look out for the Get To Go challenge in Term 3! TIC: Tom Sinclair Cost: TBC

NETBALL

Netball at Toko is organised by the Toko High School Netball Club. Games are played at the Cross Recreation Centre at Balclutha from April through to August on Saturday mornings for Juniors (Year 7/8) and Saturday afternoon for Seniors (Year 9+).

Email contact: tokohighnetball@gmail.com a registration day is to be held on February 20 from 4pm to 6pm and pre season training will start for all levels for 3 weeks on Feb 20 from 4.30 to 6pm on the school turf.

TIC: Lisa McElrea Cost: Juniors \$50 Seniors \$65 plus \$20 fundraising per family.

RUGBY

Rugby is managed by the Toko Rugby Club and played on Saturdays both in Milton and away.

Toko Rugby Club: High School Rugby contact

TIC: Tom Sinclair Cost: \$35 Juniors plus \$20 fundraising per family