



Murrays Bay
INTERMEDIATE

MBIS SPORTS NEWSLETTER

friday 19 AUGUST 2022



IF YOU'RE ALWAYS RIGHT, YOU'RE NOT LEARNING
IF YOU'RE NEVER FAILING, YOU'RE NOT REACHING

FROM THE SIDELINES

In life, we so often stick with what we do well, rather than try something new, despite what is in front of us and despite the knowledge that we might be limiting ourselves. In sport, this can be always using our "strong" foot or hand, or staying in the same position on the court or field, week after week. It is where we feel comfortable.

The difficulty in changing that, comes in the beginning. When we first start something different, whether it is an entire new sport or skill or just using a different part of our body, chances are we will only be able to produce something that is "just okay." And even then, we'll only manage to reach "just okay" by giving our best effort.

James Clear, author of 'Atomic Habits', reinforces that nobody really wants to produce something that is, "just okay". You'll feel like it's beneath your standards and worry about what others think of you. What we prefer to do is default back to what we do well. But the thing is, it is impossible to reach the stage where we consider ourselves good, unless we are willing to work through our current stage and be happy being just okay, or possibly even not good at something.

The main obstacles between who you are and who you could be is courage. The courage to keep trying even if you're not yet as good as you hope. The courage to keep trying despite your fears of what others may think. The courage to keep trying, when you know there is an easier alternative to stick with in the short term.

Being good at something is just on the other side of being okay, and the only way to be exceptional later on, is to have the courage to not be good at something now. This is how it is for everyone.



Brandon Kruyen
Director of Sport



KEY SPORT DATES TERM 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK five Monday 22 August Friday 26 August		Auckland Champs Netball Girls Zone Day	North Harbour Gymnastics Zone Day	North Harbour Rugby League Zone Day	
WEEK six Monday 29 August Friday 2 Sept		Auckland Champs Netball Boys Zone Day			
WEEK seven Monday 5 Sept Friday 9 Sept	NZ AIMS WEEK				
WEEK eight Monday 12 Sept Friday 16 Sept	North Harbour Girls Basketball Zone Day	North Harbour Boys Basketball Zone Day	North Harbour Girls Basketball Zone Day		
WEEK nine Monday 19 Sept Friday 23 Sept			North Harbour Gymnastics Zone Day	North Harbour Rugby League Zone Day	
WEEK ten Monday 26 Sept Friday 30 Sept			North Harbour Volleyball Girls Zone Day	North Harbour Volleyball Boys Zone Day	

SPORTS NOTICES

BASKETBALL BOYS



On the 16th of August 2022, the Murrays Bay Sharks went to EventFinda Stadium to participate in a zone day for basketball. Team members include: team captain Daley, assistant captain Joseph, Noah, Ethan, Baxter, Luke, Caleb, Levi, Harry and our injured teammate Xavier. We were coached by the lovely Mrs Davidson who the entire team believed did an excellent job. A special thanks to the best manager of all time, the beloved Belinda Pohio. Unfortunately our normal coach was on a work trip in Australia for the week but he taught us all the plays so special thanks to him.

The entire day went well with our pool games against Belmont, Wentworth and Orewa. We won each game by at least 20 points. Our passing was exceptional as was our shooting and defence.

First game against Belmont - 23-6
 Second game against Wentworth - 47-3
 Third game against Orewa - 44 - 11

We qualified for the quarterfinals where our full court defensive press was very successful as we had lots of teamwork and rotation.

In the semi-finals we ended up being down 6-4 against Northcote as they made some quick baskets. By half time we switched the tables around and we were leading by 10. We kept our lead and ended up winning. We were now onto the finals.

In the finals we matched up with one of our two biggest rivals, Takapuna Normal Intermediate. They started off strong but we came back with a bunch of and-1's.

In conclusion, we were very proud of ourselves and our performance as we had won every single game at the tournament. Special thanks to all the parents for cheering us on and our coach for the day Mrs Davidson and our manager. Belinda Pohio.

Written by Daley Pohio and Ethan Jiang

BASKETBALL GIRLS



This week, the AIMS girls basketball team got the opportunity to play at the North Harbour zone day on Monday the 15th of August. We all had a great time playing and we won all of our pool games. We moved on to the semi finals and after winning that, we came across our frenemies, Northcross. We only lost to them by 1 point last season so we were all very nervous and excited at the same time to have a rematch. After playing our hardest we sadly lost to them again by one goal. Overall we placed second and really enjoyed our whole day. But our favourite part of the zone day was getting on the court and spending time with the team.

CROSS COUNTRY

Here's how the day looked for us. We were extremely grateful that we were super lucky that the weather was really nice and sunny.

My name is *Caleb* and this is how my day went. We got to Sanders reserve at 9.15 AM and the Year 7 girls got told that they were racing in 45 minutes. I met up with some of my friends from other schools and we went for a walk around the course. The year 7 girls started and me and my friends went to go watch at the top of the hill. After the year 7 race started I warmed up. It was finally time to head over to the start line. The race started, I got ahead so that I could get into a good position. I was just on the tail of the other runner in first place so that he would have to work harder than me, it was like that for the whole race until the first hill that came. I sprinted past him and then he was too tired to catch up to me, and then we had one more lap to go and I was feeling confident because I was 50 metres ahead. When we got to the final hill again I was ahead by 60 metres and I just had to jog up the hill because I knew he was losing his breath and finding it hard to keep up he wasn't able to catch me. I took photos with my family and friends and then said thank you to Mrs Ward Able.

My name is *Indiya* and this is how the day looked for me. we arrived, and I had to wait until 12 o'clock to race. The other girls and I hated waiting for that long. We were all so nervous. As soon as the "BANG" went off for the year 7 boys, the other girls and I gathered around to start warming up. After we had warmed up we went to the start to get a good place. We were the second team to arrive at the start line with 17 minutes to start. 15 minutes went away quickly as we were all talking about the small path everyone had to fit through. The lady called, "take your mark, get set, GO!" Everyone sprinted to get a good spot within the first 7 seconds, I had witnessed 6 girls fall over and get trampled on.

My first thought was take it easy and not get injured. It wasn't worth it. First lap passed quickly but wasn't easy. It was too muddy and had too many hills. I went to the back of the pack and just jogged. It was scary watching everybody fall over but I was trying to focus on myself. Finally the last hill came and I sprinted and overtook 3 people. It was a great day for running.

Congratulations to the following runners who will represent Murrays Bay at the Auckland Champs Cross Country Caleb Maunder, Clement Choo and Jayden Spencer.

Written by Caleb Maunder and Indiya Mackenzie

YEAR 7 GIRLS	YEAR 7 BOYS	YEAR 8 GIRLS	YEAR 8 BOYS
Kaitlin Clark - 14th Sydelle Malcom - 21st Amber Lin - 25th Sophie Ross - 42nd Aliza Song - 50th Greta Hutton - 52nd	Jayden Spencer - 5th Ryder Kao - 28th Daniel Xu - 31st Lucas Want - 40th Elvin Wang - 44th William Kim - 63rd Kyle Sergeant - 75th Lyon Walters - 84th Ivan Chan - 93rd	Kate Bisset - 18th Aimee Stevens - 34th Tannah Strombeck - 44th Yanxi Liu - 46th Indiya Mackenzie - 53rd	Caleb Maunder - 1st Clement Choo - 6th Rory Orman - 15th Caleb Stuart - 22nd Tane Brace - 23rd Dillon Calder - 25th Raphael Hii - 37th Harry Frankham - 67th



FUTSAL BOYS

YEAR 7

On Tuesday, August 2, 14 Year 7 and 8 boys went to a futsal zone day to compete at the North Harbour Stadium.

We played five games each, with the year 7's coming 1st. The year 7's had Northcote in the final with a tie 0-0 which led to a one-on-one shootout against the keeper. Kevin saved all three of their attempts while Kevin and Daniel both scored, winning us the game. The zone day was fun and exciting; we would definitely do it again next year. Well done to Krish Ranchod, Kevin Tian, Daniel Xu, Hudson Pascoe, Mako Fraser and George Fraser.

Written by Hudson Pascoe

YEAR 8



Two weeks ago on Tuesday, we went to North Harbour events centre for the futsal zone day. We started off with our first game against Rosmini, we fought really hard and kept it 2-2, but just let it slip in the final phases. It was a great game and we played well. Next we were up against Glenfield and won the game 4-2 with some brilliant displays of skill and teamwork. We had a small pool so we then had a bye, and now it was time for the semis. We drew Northcross and they went on to win the futsal as well. Which means we lost. That was our day over for now as we went to go watch our year 7s win their final and become futsal champs. We then found out we had a friendly against Rosmini. It was just a bit of a laugh as we went on to draw 3-3 that was a great end to a fantastic day. The boys played really well and we are all excited for AIMS as our team is really starting to shape up.

Thanks to Mr Kruyen Jr who stepped in for us on the day. It was a great day but we were a bit unlucky with the results.

Written by Ben Childs

FUTSAL GIRLS

On Tuesday, August 9, 12 Year 7 and 8 girls went to a futsal zone day at North Harbour Netball Centre.

We played a series of 5 games, with the year 8s coming 3rd overall and the year 7s coming 2nd. The year 8's played Northcross in the playoffs for 3 and 4 and won 1-0. The year 7's had a challenging game against Belmont for the final and unfortunately lost 3-0. It was a fun day, and we would definitely do it again.

Ka pai, Aimee, Bianca, Brooke, Esther, Greta, Indiya, Jess, Kyla, Kyree, Molly, Shyloh, and Sophie



Written by Greta & Brooke

HOCKEY



On the 3rd of August the A Boys Hockey team went down to North Harbour hockey fields and competed in the Auckland Champs after winning their zone day. It was beautiful and sunny all day. We had our first game against Glen Eden which we won. Then we had Kings and we disappointly lost 5-1, Then BBI, this was a very physical game that we were leading in the start but in the end lost 2-1. After that we had East Counties, which we won 3-0 and finally we had Remuera which we won after a well

fought game 2-1. Overall we came third. We all played brilliantly, having never played 11-a-side before. We would all like to thank some of the B team players for playing for us and a big thank you to Ryan who played in goal, having never played hockey in his life. He did an excellent job and a massive thanks to Keri, our wonderful coach who helped us all the way. In the end it was a great day that we all loved.

NETBALL

7/1 GIRLS

The netball zone day was on the 5th of August. We enjoyed versing other netball teams and hanging out together as a team. We won 3 games but sadly lost 2 games to Belmont and North Cross, but that didn't stop us from playing our hardest. It was great to watch the year 8's play against other teams. Overall, it was a very sweaty, activity-filled day and we most enjoyed celebrating 2 of our teammates' birthdays.

Written by Cloe Porter



7/1 BOYS

The Year 7 boys team had an awesome day at the Netball Zone Day. We played 3 games throughout the day and won all of them which meant we made it to the final against Northcross. Unfortunately, we narrowly lost and so came second overall. The best part of the day was getting to play netball in a boys' team and we improved so much throughout the day. Next step for us is Auckland Champs!

Written by Joel Edmonds



8/1 GIRLS

Throughout the day we encountered some tough competition and had to overcome team challenges. We played four games, beating Carmel to make it through to the final. In the final, we played Northcross in front of a loud, passionate crowd. The game was very intense and required us to show perseverance and resilience. We finished the day in first place, beating Northcross by 7 goals. Next week, we will be competing in Auckland Champs. We appreciated Mrs Lichtwark for coaching us as well as our parents and supporters.

Written by Kyree, Luca, and Isla



8/1 BOYS

The Year 8 boys netball team attended the North Harbour Zone Day last week.

We played 3 games and won them all. We then played in the final against Northcross and we won by one goal. It was an awesome game and we are really happy to be going to Auckland Champs in Week 6.

SNOWBOARDING

Congratulations to Jimmy Bai and George Chandler who competed in the Auckland intermediate boys snowboard championships. It involved a race competition and a freestyle competition. The race competition is when snowboarders race downhill through sets of gates that force tight and quick turns. Freestyle is when you perform tricks on rails, jumps, and boxes. Well done to Jimmy and George who won the Auckland intermediate boys snowboard championships.

Congratulations to Kingsley Chen who represented MBI in the Ski race 2022 championships. He placed second and achieved a silver medal in the year 7-8 category.



SPORTS CAMP

Dolphins



The 2022 sports camp teams left for Totara Springs on 7th August, With high hopes for an epic week install it did not disappoint. Some of our favourite moments were ultimate frisbee, volleyball, wall ball, petanque and of course the water slides, everyone's favourite. We all enjoyed surfing down the hillside and screaming down the hydrosides .

Our day started with breakfast at 7:30 then quality living at 8:30 and then the sports started. It was an eventful week with us winning boys chess, boys indoor soccer and the quality living quiz. Not to mention the competitive night sports some of our favourites were chant and scramble. After an action-packed week we headed home tired and ready to tell the tale of the Dolphins 2022 sports camp.

*Written by Phoebe Willis &
Claire Sadler*

Sharks



Sports camp is one of the best experiences I have ever had. At sports camp you get a whole week to have fun, do no school work, hang with friends but most importantly play a **bunch** of sports. Every person gets about 6-7 sports plus athletics which everyone does. This year I did netball, foosball, tag, ultimate frisbee, petanque and swimming. Also, when other people had clashes with two or three sports or got injured I had to fill in for them so I ended up playing football and touch as well. Everyday we got up at 7 to get ready and went to breakfast in P.E uniform with a tracksuit and jumper on top. Then we do quality living which is where we do a quiz and listen to a story. We do sports the rest of the day. In swimming we won the girl backstroke and butterfly, came 2nd in the girl breaststroke. At the end of the week we got into 3 semifinals; foosball, netball and petanque. We came 4th in foosball and netball and came second in the petanque. We lost the petanque finals by one point. At the end of the week we did our chant. It was amazing to see how the different schools do it with music and dances instead of just chanting like we do. Through the week we also do lots of night time sports like; indoor

hockey, indoor basketball, chess, darts, in the gym and other places. We placed in a few of these sports. At night we also did a huge quiz which I did with 9 others and we won!! At the end of the week I was so sad to go home. Overall, it's a little scary and makes me really nervous to play heaps of new sports but I love sports camp and recommend others to sign up and give it a go.

Written by Ella Martin

STUDENT SUCCESSES

TAEKWONDO

Congratulations to Nikan Babaheydarian who recently competed in the Taekwondo National Championships of 2022. This was at the Barfoot and Thompson Stadium in Auckland, on Saturday 6th August, and he won silver. Well done, Nikan!



WATER POLO



Several MBI students were part of the North Harbour u12 Seahorses team that took part in the Rowan Brown under 12 tournament over the last weekend of the holidays. This tournament saw 36 teams from 8 clubs compete across 4 different grades. The NH Seahorses managed to win the A Grade after winning all of their pool games and crossover games, as well as their semi final. The final was a tense win (via penalty shootout) against Sea Wolf Hounds. Cooper Coulter (year 8) was named as one of two players of the tournament. Other MBI team members included Lachlan Roset, Charlotte McCarthy, Connor Turver, Rose Tindall and Luca O'Brien.

COMMUNITY NOTICES

ENVIRONMENTS FOR SUCCESS

Most people think that to achieve success in sport you need to focus on the outcome. But the science shows it's not true. It turns out that focusing on the result of the game or competition actually reduces a young athlete's chance of performing at their best and limits their development as a person. This fascinating talk uncovers the alternative. Drawing from the latest science and real-life stories from more than 20 years of experience, Craig will show you how to create an environment at home to help your child have more fun, build resilience and perform at their sporting best.

[Link to purchase tickets](#)

Murrays Bay Intermediate presents...

ENVIRONMENTS FOR SUCCESS

With Athlete Development Expert, Dr Craig Harrison

Murrays Bay Intermediate School
Wednesday 31 August, 7 - 8:30 pm
Tickets at Eventfinda.co.nz

 @drcraigharrison  @drcraigharrison



SOFTBALL



NORTH HARBOUR SOFTBALL DEVELOPMENT PROGRAMME




MURRAYS BAY INTERMEDIATE SCHOOL
WEDNESDAY LUNCHTIME
SCHOOL FIELDS
7 WEEKS STARTS 3RD OF AUGUST
COST \$70 PER PERSON

TO REGISTER:
CLICK [HERE](#) or
<https://www.sporty.co.nz/viewform/201517>

Every week on the MBIS field Wednesday lunchtime:
[Click here to register](#)



CRICKET

East Coast Bays Cricket is one of the largest clubs on Auckland's North Shore, providing cricket for all ages and all levels. The Club is focused on fun, teamwork and performance providing children of all skill levels a chance to learn the game in an enjoyable environment. We cater for all children's cricket from Year 1 through to Year 8, both girls and boys. Please contact the Club for more information at ecbayscricket@gmail.com



TAG FOOTBALL

North Harbour Seahawks Tag Football. Upcoming Junior Nationals trials are being held August 21st and 28th (depending on the grade). Ages for our teams are from Under 6's up to Under 16's. All info can be found on our North Harbour Seahawks facebook page <https://www.facebook.com/northharbourtag>

[Register to trial here](#)

At MBIS, we seek to profile and share successes that our students may achieve outside of school. If your child has been selected for a representative team or achieved success at a representative level, please complete the following form, or email sports@mbi.school.nz so that we can share that success with our sporting community through this newsletter.

[CLICK THIS LINK TO SHARE YOUR CHILD'S SUCCESS](#)

