



**Murrays Bay**  
INTERMEDIATE

# MBIS SPORTS NEWSLETTER

friday

2 SEPTEMBER 2022



FIRST LET THEM LOVE THE GAME  
THEN LET THEM LEARN THE GAME

## FROM THE SIDELINES

A paramecium is an organism, a simple celled protozoan only just visible to the naked eye. It survives using one basic principle: If things are getting better, keep swimming in that direction, and if not, change course.

If the water's too hot or too cold, if there isn't enough to eat, or if it gets stuck, the single-celled paramecium simply backs up and tries another angle. In short, the paramecium makes its way in the world by simple trial and error.

Angela Duckworth, psychologist and co-founder of 'Character Lab' uses this analogy as one way to look at how to approach and develop in youth sport. She describes how research reveals that the best athletes in the world tended to play a variety of sports in their youth. Typically, these elite performers commit to their main sport later in life—and, compared with athletes with a head start specialising in that sport, they make slower initial progress, but greater long term development.

David Epstein in his book 'Range' shares the same idea, basing his book essentially on the Roger Federer vs Tiger Woods debate and concluding while Tiger Wood's journey is one way to success, he is an outlier.

For most, when we sample, we optimise long-term learning. This isn't about searching for something that we are good at, it is about searching for something that we are curious about and want to explore.

Dr. Craig Harrison adds to this by talking about the three pillars that need to be fulfilled to develop and how generalisation does this better. Playing a range of sports increases intellectual development, by encouraging us to solve a wider range of different problems. Movement is diversified across different sports and so is the social connection that occurs in different team dynamics and sport.

The Paramecium Principle isn't the definitive answer, but it is one way that we can approach the sporting world: Try something new—if you like it, keep going, and if not, change course. Keep going until you find that passion and that curiosity about a game.

But do it on your terms and don't worry about when.



*Brandon Kruyen*

Director of Sport



## KEY SPORT DATES TERM 3

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

WEEK <i>seven</i> Mon 5 Sept Fri 9 Sept	NZ AIMS WEEK				
WEEK <i>eight</i> Mon 12 Sept Fri 16 Sept		Auckland Champs Cross Country			
WEEK <i>nine</i> Mon 19 Sept Fri 23 Sept		Auckland Champs Rugby League Boys			
WEEK <i>ten</i> Mon 26 Sept Fri 30 Sept			North Harbour Volleyball Girls Zone Day	North Harbour Volleyball Boys Zone Day	

## SPORTS NOTICES

### NZAIMS GAMES 2022



Good luck to our MBIS AIMS team who head off this weekend to compete against the best of the country in their chosen codes. The following students comprise our 2022 team.

*This year we were very excited to be chosen to represent MBIS in the 2022 AIMS games. AIMS is a very exciting thing coming up this year that hasn't been able to happen for the past few years. We are excited for all of our training and preparation to pay off and be in to win a wonderful and exciting competition. We are very lucky to have this opportunity to represent MBIS. We are also very excited to travel to Tauranga and explore that area as well as meet people with similar interests to us. It's an honour to compete with people from all around New Zealand! We will get to compete and play in sports that we love and enjoy. With many wins and losses we will have a great experience either way! Many new friends and memories will come along this great and amazing journey!*

written by Tehya Harris and Rebekah Butler

Aaron JUNG	Daniel XU	Jasmin READER	Nikkie LIU
Aiden HOLDEN	Daniel YATES	Jerry TIAN	Noah APORO
Aimee STEVENS	Ella MARTIN	Jess BETTANY	Noah DUNCAN
Alyssa SOMERVILLE	Elvin WANG	Jesse DONALD	Olivia SNELGROVE
Amber LIN	Emily ARMES	Jessica COYLE	Phoebe GITS
Amy INNES	Eric JIA	Jethrow YOON	Phoebe WILLIS
Andrew FENG	Esme WHEELER	Jiming Yang	Rebekah BUTLER
Angus LOCKETT	Esther CALDWELL	Jorja GILMORE	Reed ANDERSON
Archer LUMSDEN	Ethan JIANG	Joseph STREETER	Renee STEWART

Arran BEGIC	Florence MARSHALL	Kalais MOLLER	Riley ADOLPH
Aubrey YU	Gabe FRANCE	Keren STEINBURG	Roarke DOONEY
Ava NORMAN	George CHANDLER	Kory MAIRE	Rory ORMAN
Avalina TAUFA	George DALE	Krish RANCHHOD	Ruby HOUKAMAU
Baxter GREEN	Greta HUTTON	Kyla KRUYEN	Ryan STODDART
Ben CHILDS	Guanyu QU	Kyree RAKENA	Sam WOOLGAR
Bianca LOWE	Haelo SMART	Lawson ROBERTS	Sasha DUDDING
Blake MELDRUM	Hannah KAY	Levi HARVEY	Scott JAMIESON (GK)
Bo FARMER	Harry FRANKHAM	Levi MARSHALL	Shawn NATANAEL
Bonnie RICE	Hayley HAN	Lila POPPLEBAUM	Shyloh UDOMSAK
Bria SCULLY	Helena YULE	Lily CHAPMAN	Sienna FARLAND
Brody KIRKLAND	Henry WANG	Logan BEARDA	Sophie ROSS
Brooke DAY	Henry ZHENG	Luca APORO	Spencer WRIGHT
Brooke DAY	Holly WALKINTON	Lucas GILBERD	Summer COX
Brooke HUMPHRIES	Hudson PASCOE	Luke GILLIES	Tannah STROMBECK
Bryan XIONG	India VAUGHAN	Luke WEBBER	Taran BATES
Cade WILSON	Indiya MACKENZIE	Macie COOK	Tehya HARRIS
Caleb MAUNDER	Isaac GAITES	Marley DOTTRIDGE	Thomas LONGDEN
Caleb STUART	Isacc BUHRS	Matilda WAY	Tommy HUTTON
Caroline XU	Isla LAURSEN	Max MANSFIELD	Van TYSON
Charlotte HANDLEY	Jack DANIEL	Meng Ze (Kevin) TIAN	Wiktoria BAK
Charlotte HOLLIS	Jack WALLACE	Mia JOHN	William KIM
Charlotte McCARTHY	Jacob FORBES	Milla NORTH	Xavier BADLAND
Charlotte WILSON	Jacqlon TOURA	Moananui WYNYARD	Xavier SMITH
Clement CHOO	Jaden SPENCER	Molly CAUNCE	Yanxi LIU
Conrad WELSON	Jake BOTHA	Nate HOLLIS	Yelena Yi
Cooper COULTER	James RICKARD	Nate KIRKLAND	Yuri LEE
Daley POHIO	Jamie HOLROYD	Nathan SOPER	Zaria RUBY
Daniel KIM	Jamie KRUYEN	Neve CADNESS-ASPINALL	Zoe SALATIEU



## GYMNASTICS

On Wednesday 24th, Wiktoria, Charlotte, Hayley, and Jonathan competed in the Gymnastics Zone Day held at North Harbour Gymnastics.

Wiktoria, Charlotte, and Hayley started on beam, then moved to floor, followed by bar and strongly finished on vault. This was a fantastic day for us and we ended up placing first team overall. We got to see our friends from other schools and had a great time with each other. We were against Carmel College, Northcross, Glenfield, Takapuna Intermediate and Whangaparaoa college. This was a tough competition and everyone tried their best.

Charlotte placed 2nd overall, 1st beam and 1st floor, Hayley placed 3rd tied overall and 3rd tied floor, Wiktoria placed 3rd tied overall and 1st tied vault.

Jonathan performed six routines on: Floor, Pommel, Vault, Single Bar, Parallel Bars and Trampoline. During competition, Jonathan was moved into the *competitive section* where he placed 4th.

Thanks to the parent helpers, teachers and coaches for making this day possible.



## BOYS NETBALL AUCKLAND CHAMPS

### YEAR 7/1 BOYS

For a whole day, on Tuesday 30th August, the Year 7 Boys Netball team competed in Netball Auckland Champs. It was a tight competition. Our first game was against Mission Heights Junior College. As we competed in the first half, it was a close and pressured competition, We finished 6-6 at half time. Mission Heights had a successful second half and we lost an unlucky 10-8. In our second game we played Manurewa, we lost 10-7. In our final pool game we played St Marys, we played well and managed to win our first game. This made us finish third place in our pool. Then we were on to the playoffs, after a tough game we finished 14th. We are proud of ourselves and we gave it our all.

written by Joel Edmonds



### YEAR 8/1

MBIS Y8/T1 was fortunate enough to qualify for the Netball Auckland Champs 2022. The day was full of ups, downs, and piles of fun. Most of our team, including myself, were quite hesitant to play against the best teams in Auckland. As we arrived, teams had already started warming up, which was intimidating for us. We edged onto the nearest court and watched our opponents play, to get an idea of what they were like, and soon after started our warm-up. Games flew by throughout the day, with victories, and losses. The final draw came out... Northcross vs Murrays Bay. Oh dear! They have been our biggest competition since last year, and we had to playoff for 5th place! This was the most intense game of the day, as we knew what they were like, and the score could go either way. Running, intercepting, contacts, obstructions fumbled all throughout the game, which was making us frustrated. In the end, unfortunately we came out with a loss, but our 6th place was a win for us! We were 6th in Auckland, and that is a massive achievement!

written by Zaria Ruby





## YEAR 8/1 BOYS

On Tuesday 30 September, the Year 8 boys netball team got invited to compete in the Auckland Champs netball competition. In our first game we played really well and ended up winning that game. In the second game we didn't play to the best of our ability but still ended up beating the opposition team. Then in our third game, we ended up playing Henderson which, unfortunately, was our first loss of the day. Then in our fifth game, we ended up playing the winners of the competition (Clenton Park), who were a tough competition yet the boys all played their best. Our day finished with us placing 5th overall. The day was a great experience for all our boys: Seho, Noah, Joseph, Xavier, Riley, Daley, Marley, and Arlo, although unfortunately Luke was unable to make the tournament.

written by Seho Park and Noah Duncan



## RUGBY LEAGUE

Well done to the MBIS Rugby League Boys who finished second at the North Harbour zone day.

Next step is representing the Harbour Zone at the Auckland Champs of league on September 20th.



## WATER POLO

This Term we had two New Zealand Water Polo Tournaments: Winter Festival tournament and the Tim Sonderer tournament.

### The Winter Festival Water Polo Tournament

Four MBIS Teams Competed in the Winter Festival Tournament. They all played extremely well and learnt so much over the days of the tournament! We would like to extend a huge congratulations to all the teams that competed, especially the 7A1 who won their final game and the 7A2 who placed 2nd in their final game!

The results were as follows:

8A1	5th - A Grade
8A2	8th- B Grade
7A1	1st - B Grade
7A2	2nd - C Grade



### The Tim Sonderer Water Polo Tournament

Two teams represented MBIS at the Tim Sonderer Water Polo Tournament. Again, this was an awesome weekend of Water Polo and all players proudly represented the school. Special mention goes to the 7A1 team who again won their grade! We would like to give a huge 'thank you' to the coaches and manager who assist our two teams!

The results were as follows:

8A1	6th - A Grade
7A1	1st- B Grade



## STUDENT SUCCESSES

### BADMINTON

Next week, Yanxi Liu will be representing MBIS at badminton on the back of an incredible run of success which includes...

- Girls single champion / North island Under 17, Open Bay of Plenty
- Under- 15 team championship / New Zealand Junior National team championships, Palmerston North
- Girls single runner up and girls double champion / Auckland U15 open
- Girls single runner up and girls double champion / North island under 15 championship open, Wellington
- Girls single champion and girl's double runner up / Counties Manukau under 17 open



All the best for the upcoming AIMS GAMES National Championships.





## TABLE TENNIS

Congratulations to Yelena Yi who on the 27th and 28th of August went to Australia to attend the Table Tennis Australia Tour competition. They finished on Sunday and she achieved 2 gold medals for the age groups under 11 and under 13. Well done, Yelena!



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](mailto: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](#)

## COMMUNITY NOTICES

love tennis  
11 SEPT 2022 11AM-4PM

Browns Bay Tennis,  
Freyberg Park

IT'S FREE FOR EVERYONE!  
RACQUETS SUPPLIED. BBQ. PRIZES. GIVEAWAYS.

