



“STRENGTH DOES NOT COME FROM WINNING. YOUR STRUGGLES DEVELOP YOUR STRENGTHS. WHEN YOU GO THROUGH HARDSHIPS AND DECIDE NOT TO SURRENDER, THAT IS STRENGTH.”

Arnold Schwarzenegger

FROM THE SIDELINES

Already this year, we will have experienced a range of emotions in sport, often when reality is matched against our hopes and expectations. Trials may have gone better than expected or equally not as well. The season may have started out as a struggle, or those first few games or trainings may have been great.

Especially for those who may have missed out on selection or their placement was not what was hoped, a concept to consider is the idea that only one moment, person, or event can make a difference in our lives - a moment that connects who we are with who we are going to become. The problem is that we don't know when that will be and when that moment hits, it's too late to prepare

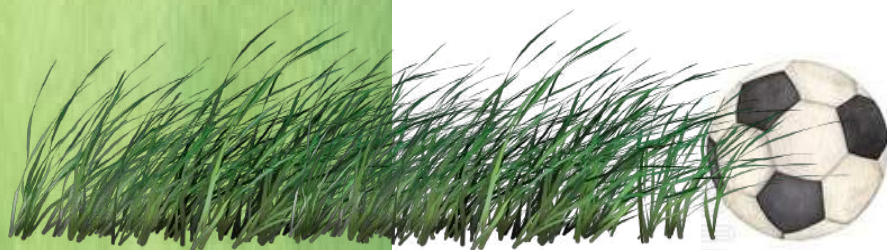
Dr Rob Bell is a sports psychologist and mental toughness coach. He coined the idea of 'hinge' moments in his book 'The Hinge'. An example of a hinge can be that one moment or that one opportunity that can turn things around for an athlete or open up new chances. The key to being mentally tough is to be ready for when that hinge moment occurs, otherwise we may miss it and it may not connect.

So we must always prepare, practice hard, never just go through the motions, lose hope or get down, when things don't go our way. We have to keep working hard every practice, every time we play so that we are ready. There is never going to be a tail wind the entire time in sport or life where everything goes our way. At some time there is always going to be a headwind, where things are tough and we are tested because things don't play out like we would like. In fact some of our best moments, where we grow the most, come about through missed opportunity and disappointment. The key is that we need to embrace this, because this is when we are challenged and this is what makes us better.

So be ready for that adversity, be resilient and don't stop preparing for when that hinge moment may happen to you.

Brandon Kruyen

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TERM 2 SPORTS

Murrays Bay
INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK one Monday 29 Apr Friday 3 May					
WEEK two Monday 6 May Friday 10 May		North Harbour Yr 7 Netball begins	North Harbour Squash Zone Day	North Harbour Yr 8 Netball begins	
WEEK three Monday 13 May Friday 17 May		North Harbour Football Yr 7 Boys		North Harbour Football Yr 8 Boys	
WEEK four Monday 20 May Friday 27 May					MBIS School Cross-Country
WEEK five Monday 27 May Friday 31 May	North Harbour Football Yr 7 Girls	North Harbour Football Yr 8 Girls		North Harbour Rugby Girls	
WEEK six Monday 3 June Friday 7 June	KINGS BIRTHDAY		North Harbour Rugby Boys		
WEEK seven Monday 10 June Friday 14 June				North Harbour Water polo	
WEEK eight Monday 17 June Friday 31 June			North Harbour Hockey Boys and Girls		
WEEK nine Monday 24 June Friday 28 June				North Harbour Table Tennis	MATARIKI
WEEK ten Monday 1 July Friday 5 July					

To access a 2024 calendar covering all current sports dates, [please click here](#)

Below is information on many of the sports happening this term. For more information please go to our school sports website. The link is here: [MBIS Sports Website](#)

From Saturday 7 September to Friday 13 September 2024, the NZAIMS games will take place at Mount Maunganui and Tauranga. This is the largest sporting event in the Southern Hemisphere and each year we look forward to helping as many students as possible realise their goal of being a part of this week.

If your child wishes to be part of a large team sport that your child is already playing (basketball, football, hockey, netball, rugby, water polo), then information about trials and selection will be shared early next term.

For those students who wish to be part of a small team sport or an individual pursuit, we would like to help support your child to attend. These sports are: Badminton, BMX, Canoe Slalom/Sprint, Cross Country, Golf, Gymnastics, Indoor Bowls, Mountain Biking, Orienteering, Rock Climbing, Squash, Surfing, Swimming, Table Tennis, Tennis and Yachting.

For these events, we are generally able to enter as many students as are interested, although some codes can be oversubscribed. In the event of this happening, students are removed and refunded based on criteria, such as golfing handicap. For individual competitors, it is the responsibility of the parent/caregiver to arrange transport, supervision and accommodation for their child for the duration of the event.

Tournament Entry fees can be found under each sport. [Link to Sports](#)

To register the interest of your child in a small team sport or individual pursuit at the NZAIMS Games 2024, please complete the following Google Form by Friday 3 May 2024 at the latest.

Link to [EXPRESSION OF INTEREST FORM](#).

For those that register their interest, a sports staff member will be in touch with more details and for final confirmation before registration.

To find out more about the NZAIMS Games or specific code information and requirements, please visit their [OFFICIAL WEBSITE](#).

PICKLEBALL

For those wishing to play pickleball for MBIS, starting next term is a Inter-School Pickleball Competition:

- Wednesdays from 5pm to approx 6.45pm.
- Term 2 venue is Albany Junior High School Gymnasium.
- May 8th - July 3rd. May 8th is the team seeding/grading games.
- Doubles format, with four players per team, so kids rotate partners and opponents each week.
- Winning teams/schools awarded at the end of competition.
- Weekly practice session at school included (Tuesday lunchtimes in the MBIS hall)
- \$149.99 for the term per player.



To register or find out more [please click here](#)



TABLE TENNIS

Registrations are now open for the North Harbour Table Tennis Term 2 Afterschool Competition.

Students enter as a team of 3 players. Teams can be made up of any combination of Year 7 and Year 8 boys and girls.

Games are played every Wednesday from 5:00 - 7:00 pm at the North Harbour Table Tennis Stadium, 5a Akoranga Drive, Northcote. The competition begins on Wednesday 8th May and finishes on Wednesday 3rd July.

The cost is \$40 per player, which is a great deal for 9 weeks of games.

Go onto KINDO to register and pay by Friday 3rd May.



GIRLS CRICKET - COMPETITIVE

As soon as we stepped out of the van, we got set up and we were ready for an intense battle against Carmel & Belmont. As we headed onto the field, ready for our game against Carmel, we started to discuss our game plan and headed onto the field with Kourtney being the first bowler of the day. She started her run up and when the ball left her hands it went smack bang into the wicket! Sadly it didn't count because it was the first ball but she still did an amazing bowl. After 12 long overs, we finally swapped and our first two batters got padded up. They walked onto the pitch and smashed it as 12 more overs went past we were about to find out who won. As the umpires told us the score we were surprised to find out that we tied 42-42. After that game we went straight into the next game. We were fielding first again, we were bowling our hardest and trying to catch and run out as many players as possible. We were successful with some and unsuccessful with others. After 12 more overs we were batting. As our first two batters geared up to walk onto the field, we were ready for our second game. We were hitting as hard as we could. We were hitting fours and running heaps but we also got bowled out a few times. But on some balls our batters were still on our grace balls. As a few more overs went by and the game was called to an end. We were about to find out who had won. It was unfortunately 28-41 to them. As we walked away we were still holding our heads high and proud of what we had achieved on the day. A huge thank you to Mela Andrews and Carri Pointer for coaching us.





Murrays Bay
INTERMEDIATE

GIRLS CRICKET-SOCIAL

On Tuesday 26 March a group of Year 8 girls participated in a social cricket zone day. This day was all about having fun and learning new skills towards cricket. As soon as we arrived we jumped out of the van, quickly set up the gazebo and got straight to practising. Our first game was against Birkdale, the score was 236 - 230 to them. We brushed off the loss and prepared for the next win. Then we were put up to the challenge against Orewa as most of them played cricket. To our surprise we won! We were very proud of our achievements up to this point. Our second to last game was also a challenge, but again to our surprise we pulled through! With a score of 256 - 229 now at this point we were very happy with our games and to us it didn't matter if we may have lost our last game, but still we showed Aumangea. We took a lunch break and sat down under the gazebo, the clouds were low and it started to spit, but that didn't stop us! We got off of our seats and decided to practise some more! Then it was time for our final game, we were a bit nervous but ready to smash our opponents. We headed over to the field with butterflies in our stomach but that didn't matter because with 5 fours and 1 six we managed to get the win. We all cheered in excitement, jumping on each other like some monkeys, we packed and got into the van.



Indie Sowerby and Lucie Jackman

BOYS FUTSAL

MBIS Year 7 A

Monday 8th of April was a very exciting day as we went to an interschool futsal tournament. The first few games were very good as we were working as a team. It really showed as we won 5-2 and 5-1. A bit later on we played TNIS and tied 4-4; they scored a goal the second after the buzzer went so it was a nail biting game. Later on we were in the semi finals and we lost 3-1 to Rosmini; it really was a challenging game and we showed lots of resilience. Now we were in the playoffs for 3rd and 4th. We were winning 5-2 and in the last second one of their players got fouled! They took a free kick and scored, something weird happened with the scoring and at the end the score displayed 4-4! We took it as a win and were thrilled to come 3rd in the tournament!

Cole Hansen

MBIS Year 7 B

Going to the Futsal tournament was a fun trip because we had never gone to a tournament like this before. Therefore, we were extremely excited and nervous. During the time before the first match, we can all agree that we were very pumped up with adrenaline and using the adrenaline, we won the first match with amazing results. As we were tired, we unfortunately lost the second match and proceeded to a draw in the third Match.

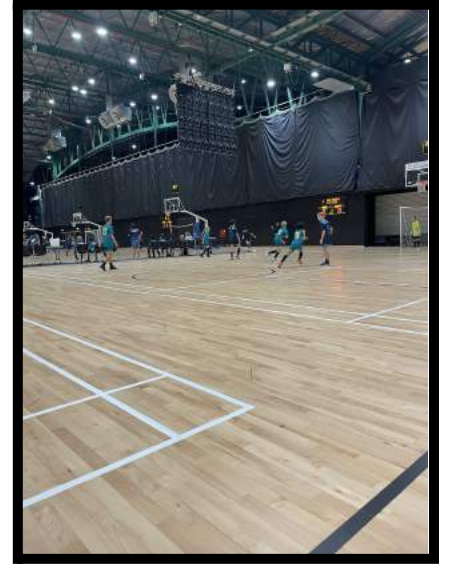
Even though we were knocked out in the quarter final we showed lots of resilience and still enjoyed it overall.

Nae Moe Te Aung, Leo Park



MBIS Year 8 A

Going to the futsal tournament was a fun experience, everyone was very excited and we had trained hard for this. When we got there the organiser stated all the rules which were quite different to normal football. In our first game we played Pinehurst School and we had a comfortable 5-0 win. After that game we had confidence for our 2nd game, which was against Wairau Intermediate. We won this with another 5-0 win. In the 3rd and final pool game, we were coming up against Orewa College. They managed to get 2 quick goals from the kick off but then we locked in and had a comeback win which ended in 6-3. After that we were excited to find out who we would come up against in the quarter final. We ended up playing Belmont Intermediate which didn't turn out as we thought it would. Belmont scored the first goal putting them up 1-0, but then we scored a goal which gave us a confidence boost. But unfortunately Belmont ended up winning 2-1. We were a bit disappointed but stoked we managed to make the quarter finals. Overall we were happy with our performances and knew we gave it all we could. We had a great day playing Futsal and we were very happy to be able to skip a day of school. Thank you to Mr. Brown, Mr. Ridwan and Mr. Kruyen for taking their time off to take us there.



Max Cook, Jasper Cooper-Ross

MBIS Year 8 B

On the 8th of April Monday, we travelled to EventFinda Stadium with our futsal teams to represent MBIS. We arrived at the stadium and we looked at the group we would be playing against. In the group we had Belmont, Glenfield and TNIS. The first game we had was against Belmont. It was a tough game with us scoring first. Then we couldn't find the upper hand against Belmont and we lost 6-3. We were pretty nervous for the next game since we lost and our confidence had taken a toll. But we were ready to play against Glenfield which we started off well with a two goal cushion, then Glenfield struck back and scored. We got back and played as a team, and finished the game 5-1 with Jake scoring a hat-trick. We gained our confidence back and we were playing TNIS which was a crucial game for our place in our pool. We started the game putting lots of pressure on their end of the goal but sadly conceded a goal and then went down 2 but we struck back with a goal of our own. However we couldn't fight back hard enough and ended up losing 5-3. We didn't get into the cup but we made the plate.

Our first game was against Pinehurst which was a good game to get our confidence back because we ended up winning 5-1 and advancing to the semifinals against Krisien. It was a tough game. We were winning 2-0 with Arte scoring both to have a good lead, but after that we collapsed at the end when Kristin pushed us back to our own goal, eventually making us concede 3 goals. Although we were disappointed with the loss, we had one more game to go, which we had nothing to lose. It was Whangaparaoa, who we lost to last year in penalties. We all gave it our best shot, and we pressed them until the goals came. We scored 5 goals, only conceding 1.



At the end of the day, we were very pleased with all the results, and even though we didn't get to the finals, we were very happy that we were able to come here.



Thank you to Mr Brown and Mr Ridwan for coming with us. We would not have been able to do this without you.

Zac Beswick, Arte McNeil-Allpress, Kanjiro Watanabe

All of the teams that represented MBIS at the futsal zone day showed great resilience and pushed themselves. We were unlucky on the day and hoped for better results. However, it was a great experience and opportunity to bond as a team before the football zone day in Term 2. Thank you to Mr. Ridwan, Mr. Kruyen, Nae Aung, and Chris Ashford for transporting our teams to and from the venue.

GIRLS FUTSAL

MBIS Year 7 Dolphins

On Wednesday the 10th April, 4 girls teams (two year 7 teams and two year 8 teams) got to be involved in the futsal zone day representing our kura/school Murrays Bay Intermediate. We got transported in cars and vans until we arrived at our destination Netball North Harbour. My team MBIS Dolphins had our first game the second we arrived. Unfortunately for us our first team was TNIS and they were tough and they ended up finishing 1st but we kept on trying and kept on persevering. In the end we had a respectable score of 3 - 1 to them but we did not let that bring us down, we just got ready for our last pool game against Orewa College. In this game we felt fired up to win so we put our absolute all into it and were quite happy with how it played out as the final score was 4 - 1 to us, we were so thrilled. We finished second in our pool so we went into the plate draw with the best we could finish being 5th. So after an extremely long break to be able to get snacks and relax we were ready for our semi finals against Albany Jr. It was immensely close and so close it went down goalkeeper vs player. How you played is that if the ball went out or the goalkeeper secured it in their hands, the point was done. Everyone kept on missing and then Albany Jr got one in, then us so then it came down to the deciding goal who scored - US!!!! We were overjoyed. Our last game was against Whangaparaoa for the win of the plate and they took the win 1 - 0. We were still happy with the result as we came 6th out of 12 teams.

Rita Dixon

MBIS Year 7 Sharks

On the 10th of April 2024, We had a Futsal zone day. We had both top teams split in half, year 8 and year seven, so there were 4 teams. Each game was highly competitive. First game we played we beat Glenfield 3- 0, so that put us first in our pool. The competition was based in Onewa





Netball North Harbour. In our second game we played Mahurangi we won. So then we went to the semi finals against Belmont Intermediate, We were losing 1 - 0, then we scored a goal, and that took us to 1 -1, so that means we had to do a penalty shootout. We were neck and neck at the end, then sadly Belmont scored the winning goal but we were happy for them. Overall our year 7 Sharks team came 3rd and our Dolphins came 6th and we had a great time and were happy with our results.

Kenzi Shalaan and Aila Barr

MBIS Year 8 Dolphins

This years futsal tournament was so much fun. Murrays Bay took 2 teams down, the Dolphins and Sharks, and they both did great. Murrays Bay ended up winning the whole competition which is a great result. The 2nd Murrays Bay team came 5th in the 2nd grade. Their games were really tough but they tried their best and worked as a team. In our first game we were against TNIS and we drew 1 all. And in the second game we drew 1 all against Belmont, it was a really close game. The 3rd game we lost 2-1 against Whangaparaoa. Overall it was a great zone day for all teams, I think that the hardest team to play against was Belmont because they were a really strong team.

Both of the teams played really well. It was very nice of Aimee Stevens, Jess Coyle and Esther Caldwell for coming and coaching us; they were really helpful and nice to us.

Lilly Burke, Alex Jones and Holly Daniel

MBIS Year 8 Sharks

Yesterday we went to the North Harbour Futsal zone day. It was such a great experience. Last year the top team for futsal came 1st place and this year we carried our title and came 1st place again. So first we all met at the gym and got our futsal kits and got ready. We went in two vans - one for Year sevens and one for Year eights. We arrived at 8.45 at the North Harbour netball centre. There were four teams all together: two year seven teams and two year eight teams. When we first got there one of the year seven teams was straight on so it was really rushed. Our first game was at 9.30 against Pinehurst. It was a really good game. We came away with a 9-0 win. It was a great start to the day. Our second game was at 11.30 so we had a big break. This game we versed Kristin and it was a close game but we just came out with a win 2-1. We made the semi final and that was at 1.30 and we were up against Albany Junior. We won 3-0 and we were so happy to be in the final. Our final was at 2.30 and our whole team was very nervous as we were versing Northcross. It was a close game as we were losing 1-0 and we luckily came back to win 2-1. We were very happy to take the win. This was definitely the hardest team we had versed the whole day. Murrays Bay had a great day out at futsal and it was so much fun. We're very glad that we got to participate in this zone day. It was a very cool sport to try out that most of us hadn't tried before.

Mila Turnbull, Neeva Harvey and Grace Hogan

ORIENTEERING ZONE DAY

What is Orienteering?

Orienteering is a thrilling outdoor sport that combines navigation, endurance, and strategy. Orienteering has since evolved into a worldwide activity enjoyed by people of all ages and skill levels. Students race around schools such as Orewa College, Long Bay College and Takapuna Grammar, using only a map and compass to locate a series of checkpoints within a specified time frame. With its emphasis on problem-solving, physical fitness, and exploration of natural surroundings, orienteering offers a unique and rewarding experience for adventurers and outdoor enthusiasts alike. Participants of orienteering races typically compete individually or in teams, racing



against the clock to complete the course with the most accurate navigation, but the smallest mistake can cost the whole game. The sport demands physical prowess and sharp mental acuity as participants must make quick decisions on the best routes to take while interpreting the terrain and map details. Although it was a difficult competition all the students proved that it was not impossible.

Results:

The event took place on the 25th of March, it was held in the park with a course of 2km. Four teams came and excelled.

Year 8 Murrays Bay Boys Team that included: Harrison Mitchel, Ethan Blackett, Zander Van der Merwe and Gericke Britz. This team finished their heat in an insane time of 1:17:43, placing them 2nd out of all the Year 8 Boys.

Year 7 Murrays Bay Girls Team that included: Brianna Field, Isla Horne, Oli Andel, Neiva Moore, Millie Harrison and Nina Jones. This team finished their heat in an amazing time of 1:37:00, placing them 1st out of all the Year 7 Girls.

Year 7 Murrays Bay Girls Team that included: Paige Perkins, Ashley Kruyen, Leah Patrick and Isobel Morgan. This team finished their heat in a time of 2:28:09, Placing them 10th out of all the Year 7 Girls.

Year 8 Murrays Bay Girls Team that included: Zara Hong-Michael, Nico He, Imogen Errington and Martha Haycock. This team finished their heat in an astounding time of 1:59:33, Placing them 4th out of all the Year 8 Girls.

To conclude, the orienteering event in the park was beaming with great efforts covering a distance of 2 kilometres and providing participants with a sense of achievement. As competitors navigated through the park's terrain, they were challenged both physically and mentally, creating the impeccable use of teamwork. Whether it was the thrill of finding checkpoints or the satisfaction of completing the course, participants walked away with high morale and pride. All the Murrays Bay participants did very well and we look forward to more people giving it a go.

Imogen Errington

ORIENTEERING SPRINT SERIES

Congratulations to Cece Water-Roestenbury, Millie Harrison, Neiva Moore, Isla Horne, Harrison Mitchell and Ethan Blackett who competed in the Auckland Orienteering Sprint Finals held at Birkenhead College and Murrays Bay Intermediate. Neiva finished 4th, Cece finished 6th, Ethan finished 4th and Harrison placed 1st in Year 8 boys.

On the 7th of April, 6 MBI students competed in the 2024 Auckland Orienteering Finals. To qualify for the Auckland Finals, you had to be





in the top ten orienteerers of your year, from the 5 Auckland zones; east, west, south, north, and central. Each zone had a sprint series for years 7-13. There are 5 events over 5 weeks, each at a different school. They add your time for your best 4 out of 5 events and the fastest 10 go through to the finals. I got the fastest total time for year 8 boys winning the North Harbour zone, (I also won the series last year in year 7). This is how I got to go to the Auckland finals 2 years in a row!

In the Auckland finals, the winner is determined by the fastest total time out of 2 races - one in the morning and another race in the afternoon. The morning event was at Birkenhead College. There were lots of people, about 400 ready to race. I started the race, thinking I wasn't doing too well but got better as I went through it. I finished, doing very well, coming 6th, 48 seconds off 1st place. Ethan Blackett, year 8 also did well, coming 12th, being 1:47 behind first place.

In the afternoon race, it was at Murrays Bay Intermediate, so we all had a bit of a home advantage. When I finished the year 8 boys race, I came in and I thought I had done well. It turned out I did as I came in 1st, as I was ahead of everybody by 1:43 seconds. In the end, when they did prizegiving, it turned out that I won my event, as my total time was 55 seconds quicker than any other year 8 boy and I got a cool gold medal! Ethan also did exceptionally well and came 4th overall. The year 7 MBI girls did really well too. Neiva Moore came 4th, Cece Waters-Roestenbury 6th, Isla Horne 10th and Millie Harrison 32nd. I was very proud of everyone's results and what we accomplished. My next goal for orienteering is the 2024 North Island champs during the April School Holidays.

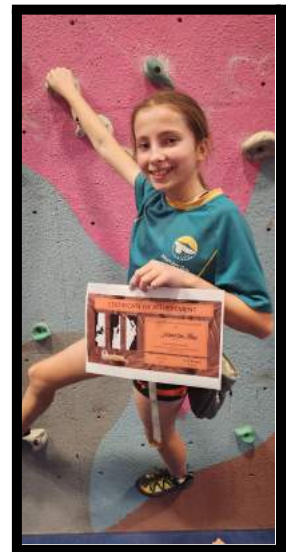


Harrison Mitchell

ROCK CLIMBING

Congratulations to Jessica Allen who competed in the first round of the 2024 Interschool Rock Climbing competition and finished 2nd. A great result, especially as this is her first year in the Intermediate grade.

Well done, Jessica!



SHORE TO SHORE

Well done to all the students and staff who turned up to walk or run Shore to Shore on Sunday. As well as promoting being active and

being part of our community, everyone who entered has raised money for sports gear for MBIS.



MBIS Girls A Tag

On Tuesday the 3rd of April the top A girls team competed in Auckland champs tag, at Grey Lynn park over the Harbour bridge. We were all feeling pretty nervous for the big day. We had 4 games throughout the whole day, 3 pool games and we won 2 and tied the last one. Next it was the semi-finals. We were up against Mount Eden and sadly we lost 6-1. It was a tough game but they deserved the win. After that we went to play for 3 or 4. We played well and the score was 5 - 3 . After eating a bit we went to go support the boys final they successfully won. It was a great game. Then we went to get our bronze medals. We ended the day off with refreshing ice blocks and a nice trip home.



Ava Laursen and Jazmin Adolph

MBIS Boys A Tag

On the 27th of March our Boys A tag team travelled to Grey Lynn for the Auckland champs. When we got there we were all pumped up for our first game against Henderson. It was a tough game but we fell short and took a hard loss. We were a bit shaken up but we had to keep going. In our second game we played Orewa and it was another tough game but this time we came out on top. As we were sitting under the gazebo we were talking about what we could improve on for the next game. Our Game time arrived, and we were ready for battle. We were playing Sacred Heart intermediate, our team talk and planning helped us as we all worked together for a convincing win. We had gained a lot of confidence but still had a lot to desire as our next opponent was walking through every team like a breeze. It was time to play in the semi-final against Papatoetoe. We all played our hearts out which paid off because we made it to the final! We all walked off with smiles on our faces, happy we won and were celebrating. We were all walking to the field with our game faces on and were excited to see that we were playing Henderson. As the game started we were all nervous, wanting to try our hardest and bring the win home. The final hooter went and the score was tied at five all. We had to do a drop off, so we put our best players on and did a toss but lost. They tried to put a kick through but they were too slow to get it. We had the ball and you could see a wave of pressure hovering over our heads. One of our players made a break; he was about 10 metres away from the line but got tagged. We were right at the line but then one of our players made a smart decision and kicked it as another was chasing. It went quiet but then we scored and everyone ran onto the field screaming and cheering, so happy we won. That was our day at Auckland champs!



Kimi Joseph-Matapo



INTERCLASS CRICKET

On Tuesday we played Room 6 in the final for Interclass Non-stop Cricket. Room 6 is a very fierce competitor. We played well as individuals and as a team. We tried our best and got the results we were aiming for. We are all proud of each one of our players that contributed. The whole interclass team would like to say a big thank you to everyone cheering us on, especially our wonderful teacher Mr Tabuzo. We will be back again for the next interclass games and we will train just as hard as we did for cricket.

Sara, Cece, Emma, Indy, and Ruby
George, Cole, James, Dan, and Hyeon-seo



Subs (who stepped in our semis game and had a massive impact!) Millen and Flo

George McCarthy and R17 team

STUDENT SUCCESSES

ATHLETICS

Well done to Sienna Ribaldi who was named Bays Athletics Club Champion for 11 year olds.

SAILING

MBI year 8 students Will Fyfe, Finloe Gaites, Sofia Turner and Tom Hall along with year 7 students Kaia Bates and Will Handley have all just returned from Picton where they have just competed in the 2024 Optimist National Championships.



They all had an awesome time competing against the best 150 sailors from all around New Zealand, and sailors from Australia, Rarotonga and Noumea aged between 10 and 15 years old! They experienced some very

challenging sailing conditions over the 4 days of racing, along with it being pretty cold and the waters were full of jellyfish! But nothing could stop them from racing as hard as they could.

Will Fyfe had a fantastic regatta and secured his spot on the podium in 3rd place overall! Will also secured his place in the NZ team to travel to the Optimist World Championships in Argentina in December!



Finloe Gaites was Top 12 year old male! 14th overall (Gold fleet)
Sofia Turner was Top 12 year old female! 26th overall (Gold fleet)
Tom Hall was 2nd in Silver Fleet.



TAEKWONDO

We got there by driving in our cars to a school in Silverdale. The weather was not so good which made everybody's mood down. As we arrived we waited for our coaches while warming up which included 5 laps of the turf and stretching. As soon as our coaches arrived we started proper warm ups with our gear on. Soon the organisers told every single competitor to come inside the building to listen to the rules. We were surprised that there was no head kicks and punching for sparring. As they finished the sparring rules they brought up the poomsae rules which were the same as the original rules. After they explained all the rules they split us into a boy and girl sparring group and poomsae group. As soon as they split us we got numbers and set us up with our opponents. We were worried that the person we were opposing was going to be pro at it but then when we actually did the match it was all easy and not so hard.



The ref would say start and the match would begin. This competition, the time for sparring was only a minute, three rounds. That meant that we had to kick and only kick. Poomsae was in between every sparring round and they would call and we would have to do a pattern. For us it was automatically a gold medal because we didn't have an opponent for poomsae. Sparring, we ended the match in two rounds because we had 12 point gaps for both. That gave us two gold medals with 4 in total. The competition was only a small comp but it was so fun with friends and family around you supporting each other, next week we have a bigger competition at Tauranga with harder or easier competitors.

Hyunseo Lee and Sunyu Park

SNOWBOARDING

On Saturday 6th of April I competed in Snowplanet's Kombi Race U14 Girls Snowboard. Before the race we put our bibs on and got ready. The coaches gave us a prep talk then we boarded the lift. When we got to the top we had to wait 5 minutes to race down. I was feeling nervous because if you missed a turn/cone you were disqualified. We had 2 runs so I had to make it count. When it was my turn they counted me down and I was off. I zoomed down and luckily didn't miss a cone. My second run was similar. We all wanted to know our times but we had to wait till prize giving. After what seemed like ages we were called for prize giving. My first run I got a time of 31.49 seconds. My second run I got a time of 30.84 seconds. With that I came out with a gold medal. It was a great day and we had lots of fun.



Sue A Park



Murrays Bay
INTERMEDIATE

SURF LIFESAVING

Congratulations to the following students - Varvara Mikheeva who placed 3rd in the run/swim/run race, 2nd in the board race, and 3rd in the diamond. She also received the most improved award for the 12 year old girls.

Well done to Siu Kim who placed 1st in the run/swim/run race and 2nd in the Diamond race.

Congratulations to Grace Le Mouton who won Managers Award (for 12 year old girls) for embodying the club spirit, great sportsmanship and a great attitude to each session.

Well done to Andrew Day who won 2 Gold, 11 Silver and 2 Bronze as well as 'Clubby of the Year'. At Northern Regionals he won 3 Golds and at Oceans Junior Nationals Competition in Mt Maunganui he won 1 Gold and 1 Silver.



COMMUNITY NOTICES

NETBALL

Monday 29 April vs Tactix

The MG Mystics are taking on their southern rivals the Trident Homes Tactix in our very FIRST home game of the 2024 ANZ Premiership season! Get your friends and family together and head along to The Trusts Arena for an awesome night of netball. Be part of our Mystics Nation, come dressed in blue and help us start our season in style.

Doors Open: 6.30pm

Game Begins: 7.30pm

