



SIX OR EIGHT MONTHS FROM NOW,  
WHAT DO YOU WISH YOU HAD SPENT TIME ON TODAY?

## FROM THE SIDELINES

Welcome to Murrays Bay Intermediate Sport. We are so grateful that you are considering being a part of our sports programme and we look forward to creating opportunities for your child to be involved regularly in sport. These can vary from zone days to after school competitions, to our pinnacle event - the NZAIMS Games. We believe that there is something for every single student.

The Community Feed page of HERO is where communication from the school regarding sports will be shared. Students will also be notified regarding sports through MBITV which plays at school every morning or through the Student Feed page of HERO.

Alternatively, please go to our sports website with this link: [MBI sport website](#) or [mbisport.weebly.com](#).

If you have any other questions, please email the teacher in charge of your sport ([link is here](#)) or email [sports@mbi.school.nz](mailto:sports@mbi.school.nz).

We are hugely excited about 2024 and can't wait to start working together to create a successful year in sport. I want to leave our athletes with this as we begin our journey. Look ahead to who you want to be - it might be a few weeks, months or even years from now. Think of that version of yourself and the identity that you own and then ask yourself what do I need to do today to become that person?

It is not goals that separate people, in fact most of the time everybody has a similar goal. What separates people are their daily habits. Every habit starts with something simple - 10 shots at a hoop every day, two minutes of football juggling or a run to the end of the street; in fact the simpler the better. So think about that trial coming up, or the start of the season, or better yet, think about that final game later in the year, when we all want to be at our best. That game will be a culmination of the work you have put in this year. Imagine yourself walking out to the field or court or pool, feeling prepared and confident, and then decide what habits do you want to start today.

*Brandon Kruyen*

Director of Sport  
[sports@mbi.school.nz](mailto:sports@mbi.school.nz)





# TERM 1 SPORTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK three</b> Monday 12 Feb Friday 16 Feb	MBIS Netball Trials - Year 8  MBIS Water polo Trials - Year 8	MBIS Netball Trials - Year 7		MBIS Girls Tag trials	MBIS Netball Trials - Year 7
<b>WEEK four</b> Monday 19 Feb Friday 23 Feb	MBIS Netball Trials - Year 8  MBIS Water polo Trials - Year 8				
<b>WEEK five</b> Monday 26 Feb Friday 1 March	MBIS Water polo Trials - Year 7	North Harbour Softball Boys	North Harbour Softball Girls		
<b>WEEK six</b> Monday 4 March Friday 8 March	MBIS Water polo Trials - Year 7	North Harbour Tag Zone Day  MBIS Year 8 Hockey Trials		North Harbour Cricket Boys  MBIS Year 7 Hockey Trials	North Harbour Triathlon
<b>WEEK seven</b> Monday 11 March Friday 15 March	MBIS Water polo Trials - Year 7	North Harbour Swimming		North Harbour Swimming	
<b>WEEK eight</b> Monday 18 March Friday 22 March	North Harbour Tennis Girls	North Harbour Tennis Boys			
<b>WEEK nine</b> Monday 25 March Friday 29 March	North Harbour Orienteering	North Harbour Cricket Girls		North Harbour Cricket Girls	<b>GOOD FRIDAY</b>
<b>WEEK ten</b> Monday 1 April Friday 5 April	<b>EASTER MONDAY</b>	<b>EASTER TUESDAY</b>			
<b>WEEK eleven</b> Monday 8 April Friday 12 April	North Harbour Futsal Girls		North Harbour Yr 8 Futsal Boys		

To access a 2024 calendar covering all current sports dates, [please click here](#), or click on the following link to go to the [MBIS Sports Website](#).

**Quick Newsletter Registration Links:** To register your child's interest, please click on the following links

[Cricket](#)

[Football](#)

[Orienteering](#)

[Softball](#)

[Tennis](#)

[Triathlon](#)



## SPORTS NOTICES

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](#). By registering your child for any of the sports using the shared links, this will ensure that you receive all follow up information and details regarding trials etc. through HERO.

### BASKETBALL

MBIS competes in the North Harbour Intermediate Basketball Competition. Games are every Monday and the first semester (Term 1 and 2) is due to start on the 4th of March. They take place at the Eventfinda Stadium (previously North Shore Events Centre), AUT, Massey University, and the YMCA between 3.50pm and 9pm,

**Trials:** Trials were this week, but if your child is still keen to play, please contact the email address below.

Any questions, please contact:  
[basketball@mbi.school.nz](mailto:basketball@mbi.school.nz)

### CRICKET

On the 7th and 26th of March, we have our respective boys and girls cricket zone days. These typically consist of two games against other Intermediates.

For each day we can enter 1 team which can be a mix of Year 7 and 8's.

To register for trials, [please complete this form](#).  
Trials will happen shortly.

If you have any questions in the meantime, please email [sports@mbi.school.nz](mailto:sports@mbi.school.nz).

### FOOTBALL / FUTSAL

The North Harbour outdoor 9-a-side football tournaments take place in term 2. Trials for our school football teams will take place over the next few weeks. This starts the football calendar with students selected from these teams to make up our NZAIMS team that competes in September.

The first tournament however is the North Harbour Futsal Zone Days. This takes place at Eventfinda Stadium on the 8th (Boys) and 10th (Girls) of April.





Futsal is a football based game played indoors with teams of 5 players and a small, low-bounce ball. Selection for these teams will also come from the football trials.

To register for football trials, [please click here](#) or check your HERO feed.

If you have any questions, please email [sports@mbi.school.nz](mailto:sports@mbi.school.nz).

## NETBALL

Registrations for the 2024 season are now closed, however, if you have yet to do so and would still like to register your child, please email [netball@mbi.school.nz](mailto:netball@mbi.school.nz). Players must be registered ahead of attending trials.

### MBIS Trials

**Year 7 Players:** Tuesday 13 and Friday 16 February

**Year 8 Players:** Monday 12 and Monday 19 February

All ability levels welcome!

Trials run from 7:30 am through to 3 pm. Further information regarding trials will be communicated on Hero.

Games are played at Netball North Harbour, 44 Northcote Road

Year 7 Teams → Tuesday afternoons/evenings

Year 8 Teams → Thursday afternoons/evenings

Game times are 4.00 pm, 4.50 pm, 5.20 pm and 6.30 pm. Please be aware that teams can be on any of these rounds.



## ORIENTEERING

This term we have the School Sprint Orienteering Series. In this sport, Orienteers navigate a set course between control points, usually marked by orange and white flags, using their skill in map reading to choose the best route and their running ability to get there as quickly as possible.

It is a great way to develop skills while improving fitness and is open to all levels, with most students having never done it before. These take place at the following locations after school.





Thursday 22 February – Pinehurst School  
Thursday 29 February – Long Bay College  
Thursday 7 March – Takapuna Grammar/Belmont Intermediate  
Thursday 14 March – Orewa College  
Thursday 21 March – Rangitoto College

To register the interest of your child, please click here: [Link to registration form](#)  
Any questions, please email [sports@mbi.school.nz](mailto:sports@mbi.school.nz).

The North Harbour Orienteering Zone Day follows this series on the 25th of March and is held at Long Bay Reserve.

## SOFTBALL

The North Harbour schools softball tournaments are held in week 5 of this term on the 27th (Boys) and 28th (Girls) of February at Rosedale Park, Albany.

Over the next two weeks, MBIS will hold trials to select those students who will be part of the team. On each day we take a year 7 and a year 8 team. Experience is not necessary at all and we encourage any student who wishes to try out to give it a go. Additionally there is an after school competition held on Thursdays at Rosedale Park, Albany.

To register for zone day trials or the after school competition, [please click here](#).

If you have any questions, please contact [sports@mbi.school.nz](mailto:sports@mbi.school.nz).

## SWIMMING

At the end of this month (Date to be confirmed), MBIS will be holding its Annual Swimming Competition at the Millennium Pool.

This event is run for our competitive and strong swimmers for the purpose of selecting a team to represent our school at the Harbour Year 7 & 8 Schools' Competition.

The events will be:

- 100m Freestyle
- 50m Backstroke
- 50m Breaststroke
- 50m Butterfly
- 50m Freestyle

Information will be shared via HERO. If you have any questions in the meantime, please email [waterpolo@mbi.school.nz](mailto:waterpolo@mbi.school.nz)





## T A G

MBIS Rugby Academy encompasses all codes and runs through the entirety of the year. We offer Rip Rugby, Tag, 7's, 15's, Rugby League and Touch. All skill levels are welcome to trial, there is a combination of competitive and social teams.

The first event coming up is the tag day which takes place on the 5th of March. Further information is on HERO (for parents) and MBITV & Google Classroom (for students).

Please see [here](#) a document outlining Rugby Academy and the current information for our codes and tournaments for 2024.

If you have any questions, please email [rugbyacademy@mbi.school.nz](mailto:rugbyacademy@mbi.school.nz)

## T E N N I S

The North Harbour Tennis Zone Days are held on the 18th (Boys) and 19th (Girls) at Forrest Hill Tennis Centre. On each day, we enter 2 teams of 4 students who play both singles and doubles.

Selection for this tournament will take place prior to this tournament at Mairangi Bay Tennis Centre. Before school we will run a tournament for any keen students who wish to play tennis and use this for selection.

To register your child for Tennis, [please click here](#).

More information will be shared on HERO and MBITV. If you have any questions in the meantime, please email [cameron.stephen@mbi.school.nz](mailto:cameron.stephen@mbi.school.nz).

## T R I A T H L O N

The North Harbour Triathlon Zone Day is held at Long Bay Reserve on the 8th of March. Students can enter as individuals or in a team of 3, each doing 1 of the disciplines to finish as a team. The swim has a beach start, and follows a buoyed course, fully patrolled by SLSNZ. The biking section will be a 3 loop mountain bike course on grass, and is similar to the run. Distances are: Swim 200m - Cycle 5km - Run 2 km.

To register your child's interest, [please click here](#). If you have any questions, please contact [daniel.finlayson@mbi.school.nz](mailto:daniel.finlayson@mbi.school.nz)





## WATER POLO

Trials will be running in February and March. Students who wish to trial for MBIS water polo need to register online using the google form uploaded on HERO by today.

Monday 12th February - Year 8  
Monday 19th February - Year 8  
Monday 26th March - Year 7  
Monday 4th March - Year 7  
Monday 11th March - Year 7

Any questions, please do not hesitate to contact:  
[waterpolo@mbi.school.nz](mailto:waterpolo@mbi.school.nz)



## STUDENT SUCCESSES

Congratulations to Sienna Rinaldi who recently competed in the Auckland Senior Athletics competition as an 11 year old in the U14 age group. This made her the youngest female in the competition.

She achieved a silver medal in 100m and High jump, a bronze medal in 400m and a 4th place finish in 200m, 800m and 1500m. Well done, Sienna!



At MBIS, we love to profile and share successes that our students may achieve outside of school.

If your child has achieved success or been selected for a representative team, please email [sports@mbi.school.nz](mailto:sports@mbi.school.nz) so that we can share that success with our sporting community through this newsletter.

