



SPORTS ARE NOT ABOUT WHAT YOU ACHIEVE,  
THEY ARE ABOUT WHO YOU BECOME.

## FROM THE SIDELINES

Brad Stulberg and Steve Magness, who founded '[The Growth Equation](#)' recently discussed through their channels the concept of losing. We probably have all heard how we learn from losing and there is of course the popular saying 'We win or we learn', but, how exactly do we learn from losing?

Brad and Steve theorise that in life and sport we seek to accumulate status in sport. They share that there are three ways to accumulate status: firstly through dominance (did I win?), secondly through competence (am I getting better?), and finally virtue (am I doing well with other people?).

A loss in a game is a loss of dominance, but it can be offset by focusing on the other two pillars of status. What did you learn, and what kind of experience did you have with your teammates? How did you impact them? By focusing on this, losses can be put in perspective and can be used to get better.

Firstly when processing a loss, make the loss **informational, not personal**. Acknowledge and let it be an opportunity to learn where your game needs work, not an example of how you are not good enough.

Secondly, **be curious** about your game. It's not possible to be curious and panicked, angry, or hurt at the same time.

Next, it is important to understand that there are a limited number of games in a competitive season (think of a netball season with a clear beginning and end, and where the point is to win) but an **infinite number of games** in a sport (think of opportunities to play and develop whether playing by yourself, a 1 v 1 in the backyard or games against competition).

You can lose a finite game, but, depending on how you process it, focus on the big picture and what you have learned thereby counting it as a win towards the infinite game of that sport as you develop.

And lastly, remember that **luck plays a role**. When we lose (or win), we need a balance of looking at both internal and external factors. Too much externalising is a lack of accountability, but it's also important to recognize that we are less in control than we think when it comes to many of life's wins and losses.

Every game is not going to go our way, and we are all going to lose at some time, so developing an understanding of how we can benefit from every experience could be a key aspect in our ongoing journey to getting better.

*Brandon Kruyen*

Director of Sport  
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# TERM 2 SPORTS

Murrays Bay  
INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK three</b> Monday 13 May Friday 17 May		North Harbour Football Yr 7 Boys	Auckland Champs Orienteering	North Harbour Football Yr 8 Boys	
<b>WEEK four</b> Monday 20 May Friday 27 May					MBIS School Cross-Country
<b>WEEK five</b> Monday 27 May Friday 31 May	North Harbour Football Yr 7 Girls	North Harbour Football Yr 8 Girls		North Harbour Rugby Girls	
<b>WEEK six</b> Monday 3 June Friday 7 June	KINGS BIRTHDAY		North Harbour Rugby Boys		
<b>WEEK seven</b> Monday 10 June Friday 14 June				North Harbour Water polo	
<b>WEEK eight</b> Monday 17 June Friday 31 June			North Harbour Hockey Boys and Girls		
<b>WEEK nine</b> Monday 24 June Friday 28 June				North Harbour Table Tennis	MATARIKI
<b>WEEK ten</b> 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](#)

## SPORTS NOTICES

### CROSS-COUNTRY

On Friday 24th May, MBIS will be holding our annual Cross Country and Chant competition.

This starts and finishes on our school field, with the course also using Murrays Bay Primary and Sunrise Ave. We would love to have lots of parents come and be a part of the afternoon, to experience our school spirit and the culmination of all the hard work and effort that has gone into both pursuits. There will be a large area in the middle of the field set up for parents.

The timetable for the start of events will be as follows:



1pm Year 7 Girls  
1:20pm Year 7 Boys  
1:40pm Year 8 Girls  
2pm Year 8 Boys

2:30pm Minischool Chant Presentations.

More details will be shared via HERO closer to the date.

## SPORTS CAMP

Next term, we attend the Intermediate Schools Sports Camp, held at Totara Springs Camp, Matamata.

This takes place from Monday 5 August to Friday 9 August. MBIS will take two teams comprising 32 students each - one Year 7 team and one Year 8 team, with an even balance of boys and girls.

During the week, students play a huge range of sports, all of which take place in the same camp, against 9 other teams. There are 32 different sports in total on offer. The day starts early and ends late, with some sports only finishing at 9pm. It is an amazing week to develop and test skills and for the students to challenge themselves to learn, adapt and grow.

Some examples of the sports played are: Basketball, Hockey, Rugby, Volleyball, Football, Table Tennis, Netball, Volleyball, Tag Rugby, Touch Rugby, Softball, Ultimate Frisbee as well as smaller sports such as Archery, Shooting, Kayaking, Golf, Tennis, Frisbee Golf, Team Triathlon, Swimming and Human Foesball.

The expected cost for Sports Camp 2024 is \$470

There is no prioritisation in Year 7, but at the Year 8 level, priority for places will be given to those Year 8 students who are not attending the NZAIMS games. Applicants will be notified on whether their application was successful or not in week 6 and we would encourage any interested students regardless of whether they are hoping to go to AIMS or not to apply.

Selection will be by the MBIS sports staff attending Totara Springs Sports Camp and will be based on CV applications.

[Click here to watch a short video of highlights of sports camp from last year.](#)

To apply, interested students should please click on the following link:

[Sports Camp 2024 Application form](#)

Application forms need to be completed by Friday 24th of May. If you have any questions, please email [sports@mbi.school.nz](mailto:sports@mbi.school.nz).





## SQUASH

On Wednesday, a group of Murrays Bay students hopped into the van ready for a full day of Squash. As we were driving there, we all were feeling different things, some of us being excited and some being really nervous.

When we got there we were shocked with the amount of students and schools participating. As soon as the briefing finished, we got geared up and ready for our first game with one girls team and four boys teams playing. The first boys team had their first games at 9:15 putting in an amazing effort. Shortly after, the girls had their first game and came out with a great win! As the day went by Murrays Bay had losses and wins, but we kept trying and kept hold of the fact that lots of our students had never even played before so well done to them. The girls team, Mandy, Sue A, and Hyunseo, ended up coming third in their division which was great to see. After a short prizegiving we packed up and went back to school after a long day.

*Elle & Mandy*



## SURFING

On Wednesday 1st of May, Murrays Bay held their annual surfing competition at Orewa Beach. As the sun was rising in the early morning we could see that the waves were pumping with a nice swell running in from the East. We all tried to get there early so we could have a free surf before the competition started. Straight away we signed in and got out for the free surf. As time passed, the briefing was about to start so we paddled in and got the briefing. Heat 1 lined up on the beach ready for the hooter to go, and as soon as it went, they were straight out. Heat 1 went to Heat 2 and soon it was time to hear the finalists. Now with the draw out, the girls' finalists headed down to the beach getting their boards all sorted out. The hooter went and we all paddled out, and at this point the waves now were perfect and very easy to catch. After the girls final ended it was time for the boys. While the boys were about to finish everyone was waiting on the beach for the last free surf of the day, and once the boys were all done we hit the waves for one last session as the tide started running out. With anticipation running high, we were all called in for prizegiving where we heard the results. In 3rd place for the girls was Holly Daniel, in 2nd place was Lucie Jackman and in 1st place was Mila Turnbull. In 3rd place for the boys was Leo Wilson, in 2nd place was Louis Fearon and in 1st place was Will Stratton. Congratulations to the finalists and to everyone who competed. It was such a great day!



*Lucie Jackman*

Fifteen boys and 16 girls attended the MBIS Surfing Competition on Wednesday the 1st of May at Orewa Beach. The waves were pumping so we suited up and went for a free surf before the comp started. There were 3 heats, for both girls and boys. Heat 1 girls and boys got ready for their heat to start. The hooter went off at 10:30 for the first heat to start, everyone in heat 1 ran into the water splashing around and started to paddle out. At 11 clock heat 2 started, about 30 minutes later heat 3 was on. After heat 3 was finished we waited for the finals to come

out. After the finals had finished we got to go out for another free surf to end the amazing day. The results came in after the free surf and for the boys in 3rd place was Leo Wilson, in 2nd place was Louis Fearon and in 1st place was Will Stratton. In the girls 3rd place was Holly Daniel, 2nd place was Lucie Jackman and 1st place was Mila Turnbull. It was a very fun day to go out and shred and the top 3 got prizes from Billabong!

*Mila Turnbull*

*Our 6 prize winners*



## STUDENT SUCCESSES

### CRICKET

I play cricket in a girls' team at Takapuna Cricket Club. I have been playing cricket over the last two years and in this time the organisers have gotten to know me and my team. The Takapuna Cricket Club was chosen by NZ cricket to represent all the cricket clubs in Auckland at the announcement of the Blackcaps Squad to go to the 20/20 world cup. I was chosen along with 9 other kids to meet the Blackcaps.

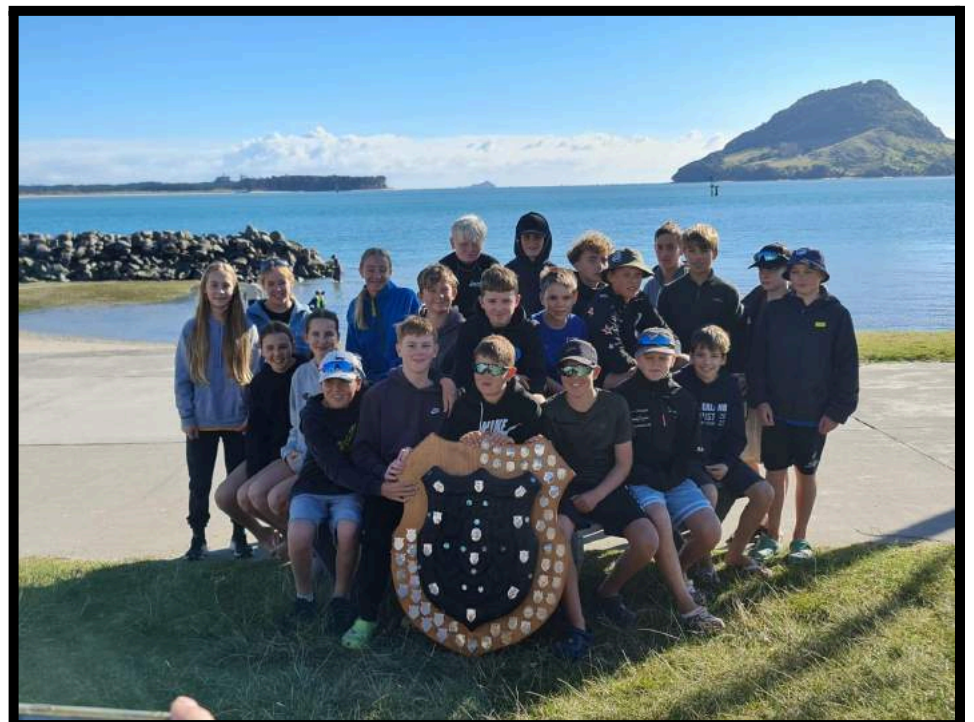


When we arrived at the ANZ building we went backstage where we were given the official match t-shirt, the same one that the blackcaps will be wearing at the World Cup. We then walked on stage with the blackcaps. I felt nervous and excited at the same time. There were lots of TV cameras and the Blackcaps were standing behind us. After their announcement and some questions we got to talk to the Blackcaps and get their autographs. I was so excited to be on TV 1 and on TV 3 6pm news. It was such a great experience for me!



## SAILING

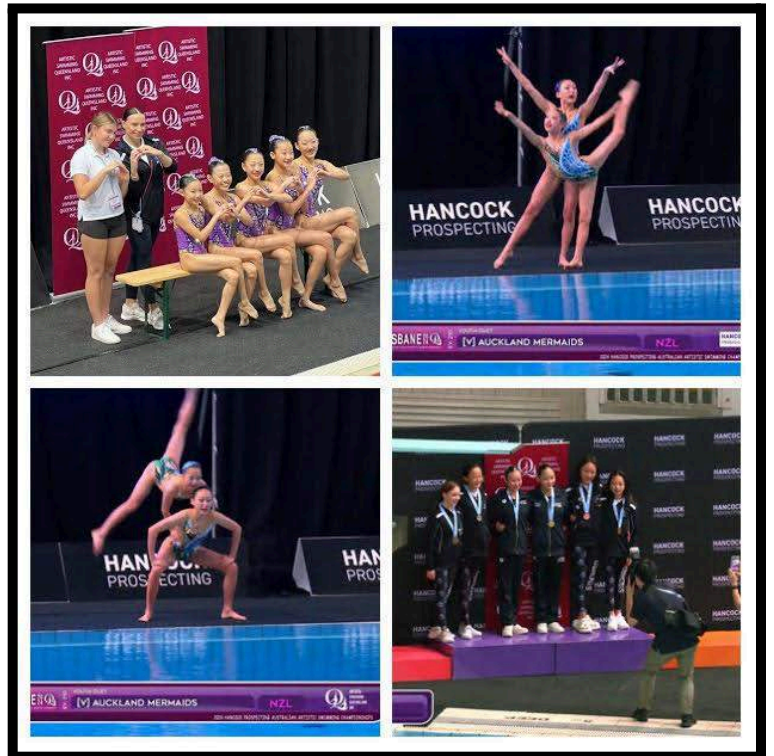
Congratulations to Finloe Gaites and Tom Hall from MBIS who competed recently in a P class sailing regatta in Tauranga. The first day of the regatta determined the top 5 sailors who race the following day for the Shield. The difficulty for the Shield event is that you swap boats each time, therefore you must use 5 different boats to race to win overall. Well done to Finloe Gaites who made it through and won the Wihau Shield, which was first sailed for in 1942!





## SWIMMING

The Hancock Prospecting Australian Championships (2024) trip to Brisbane concluded smoothly amidst a tense atmosphere! With participants from five different countries - New Zealand, Australia, New Caledonia, Japan, and Hong Kong - representing 21 clubs and comprising 242 athletes, the synchronized swimming extravaganza of the Southern Hemisphere bloomed here! Congratulations to Phoebe Suo Liu and her sister who after a year apart, teamed up again to secure the bronze medal in the youth duet category and the silver medal in the youth free team event. Phoebe achieved an impressive 7th place out of 64 participants in the Figue category! The greatest reward this time wasn't the medals but the ability to perform steadily under immense pressure. Through this experience, they have developed exceptional resilience! Well done!





## TAE KWON DO

Murrays Bay  
INTERMEDIATE

On Friday, May 5, I travelled with my family to participate in the Olympic Taekwondo tournament, Golden Coast Open, which was held in Australia.

The competition was very demanding since the athletes from Australia were very well trained and have a lot of experience in this type of tournament, however I achieved an exciting first place in red belts and an incredible second place in black belts. With great happiness I returned home with these medals, with joy at having represented New Zealand very well on this occasion.

This joy pushes and motivates me to continue training hard for the next challenges that are coming this year, competitions that will also take place outside of New Zealand.

*Agustina Farfan*



## COMMUNITY NOTICES



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