



DID YOU EVER CONSIDER THAT  
LEVEL YOU ARE, BECAUSE  
YOU BELIEVE THAT'S  
RIGHT NOW, YOU SEE YOURSELF

YOU ARE PERFORMING AT THE  
IN SOME PART OF YOU,  
HOW GOOD YOU ARE.  
EXACTLY LIKE YOU ARE SHOWING UP.

## FROM THE SIDELINES

As we currently navigate trials here at school, in the US earlier this month, a once-every-four-years trial took place. It was a single race to determine which three men and women would represent the US at the Olympics. While trials and selection in most sports can span weeks and months, this was an all or nothing battle, that took not much more than two hours. While most people wouldn't watch something like this, [The Growth Equation](#), whose mission is to "get the best out of yourself on the things you care about most," did and I share their lessons here

### 1. Know when to throw the watch away!

At mile 17, while in the lead pack, Sara Hall took her watch off and flung it into the crowd. She didn't quite make the team, but she had the best finish of her career. What can we take from that? Sometimes we've got to ditch all the numbers and opinions and just simply trust ourselves to compete without any outside noise.

### 2. Hope allows us to find more.

Four years ago, Leonard Korir finished in the worst place in the sport: fourth. He was just three seconds short of making the team. This year, it looked like a repeat performance. At the 24 mile mark, he was in 5th place and 37 seconds out of third. He all but gave up. But then reenergised by the crowd, Korir pressed forward, and made up the gap to clinch his Olympic spot on the final stretch. Our perception of fatigue is influenced by our situation. If we feel like we have no hope, we literally feel more tired. But, if we start to feel a bit of hope, we often find an extra gear. Find ways to keep the hope.

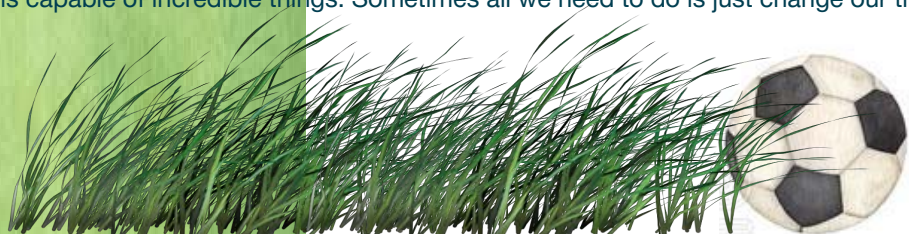
### 3. When you're hurting, create some distance.

Part way through, when fatigue and discomfort started creeping up, those doubts of whether Emily Sisson could hang on surfaced, until she saw US marathon legend Deena Kastor and asked herself, "What would Deena do?" One way to deal with discomfort is to get yourself out of your own head and ask how a respected friend or role model would handle that situation. It dulls the emotional impact of what you're going through and can provide you with a coping strategy that works.

The human body when driven by the mind is capable of incredible things. Sometimes all we need to do is just change our thinking.

Brandon Kruyen

Director of Sport  
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## TERM 1 SPORTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK five</b> Monday 26 Feb Friday 1 March	<b>MBIS Water polo Trials - Year 7</b>  <b>MBIS Boys / Girls Tennis Callbacks</b>	<b>North Harbour Softball Boys</b>  <b>MBIS Yr 7 Boys Football Trials A - J</b>	<b>North Harbour Softball Girls</b>  <b>MBIS Yr 7 Boys Football Trials K - Z</b>  <b>MBIS Boys Cricket Trials</b>		<b>MBIS Year 7 Girls Football Trials</b>
<b>WEEK six</b> Monday 4 March Friday 8 March	<b>MBIS Water polo Trials - Year 7</b>	<b>North Harbour Tag Zone Day</b>  <b>MBIS Year 8 Hockey Trials</b>  <b>MBIS Year 8 Boys Football Trials</b>	<b>MBIS Year 7 / 8 Boys Football Callbacks</b>	<b>North Harbour Cricket Boys</b>  <b>MBIS Year 7 Hockey Trials</b>  <b>MBIS Year 8 Girls Football Trials</b>	<b>North Harbour Triathlon</b>
<b>WEEK seven</b> Monday 11 March Friday 15 March	<b>MBIS Water polo Trials - Year 7</b>	<b>North Harbour Swimming</b>		<b>6-a-side Girls Cricket Festival</b>  <b>MBIS Year 8 Girls Football Trials</b>	<b>MBIS Year 7 Girls Football Trials</b>
<b>WEEK eight</b> Monday 18 March Friday 22 March	<b>North Harbour Tennis Girls</b>	<b>North Harbour Tennis Boys</b>			
<b>WEEK nine</b> Monday 25 March Friday 29 March	<b>North Harbour Orienteering</b>	<b>North Harbour Cricket Girls</b>		<b>North Harbour Cricket Girls</b>	<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	<b>North Harbour Futsal Boys</b>		<b>North Harbour Futsal Girls</b>		

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](#).

Football and Futsal trials begin next week. For those registered, please check your HERO feed. Trial dates are:

#### Week 5

- **Tues 27th Feb - Yr 7 Boys (First name A - J)**
- **Weds 28th Feb - Yr 7 Boys (First Name K - Z)**
- **Fri 1st March - Yr 7 Girls**

#### Week 6

- **Tues 5th March - Yr 8 Boys**
- **Weds 6th March - Yr 7 / 8 Boys Callbacks**
- **Thurs 7th March - Yr 8 Girls**

#### Week 7

- **Thurs 14th March - Year 8 Girls**
- **Fri 15th March - Yr 7 Girls**



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

## MOUNTAIN BIKING

For those interested in Mountain Biking, the Auckland MTB School Series begins next month and we are looking for students who are keen to represent MBIS.

- 1 XCO Sunday March 10 Riverhead
- 2 XCO Sunday May 5 Hunua Regional Park (tbc)
- 3 XCO Sunday June 23 Totara Park
- 4 XCO Sunday August 4 Waitawa Regional Park
- 5 XCO Sunday August 18 Woodhill Forest



If you are interested in being part of our MTB team and competing at these events, please complete this [google form](#). This is an expression of interest only and we will be in contact with you to confirm entry to any event.

## ORIENTEERING

Well done to the MBIS orienteering team who competed last night at Pinehurst School.



A special mention to Brianna Field, Neiva Moore and Millie Harrison who finished in 6th, 7th and 8th place respectively in the Year 7 girls, and Harrison Mitchell who placed 2nd in the Year 8 boys.

Orienteers navigate a set course between control points, using their skill in map reading to navigate from point to point and their running ability to get there as quickly as possible.

It is a great way to develop fitness and is open to all levels, with most students having never done it before.

Upcoming events are:

**Thursday 29 February – Long Bay College**

**Thursday 7 March – Takapuna Grammar/Belmont Intermediate**

**Thursday 14 March – Orewa College**

**Thursday 21 March – Rangitoto College**

If your child is interested and would like to find out more, please click here: [Link to registration form](#)

Any questions, please email [sports@mbi.school.nz](mailto:sports@mbi.school.nz).

*They handed us a map and we took off ready for my adventure around Pinehurst school. I bolted to the first checkpoint and scanned my finger device before looking at my map eagerly. I then headed off enthusiastically in search of my next destination. It was crushing but fun to go from checkpoint to checkpoint, chasing the next goal. When I finally finished, I realised I craved more orienteering. It was a sensational experience and I'm excited to get back at it next week.*

*Ashley Kruyen*

## SOFTBALL

Good luck to our softballers next week. Our 4 teams are busy training ready for the first zone days of the year and the first opportunity to represent MBIS in sport.

## SUPPORTERS SHOP

This year, MBIS is thrilled to introduce the launch of our very own [Supporters Shop](#)!

We've created a small range of MBIS-branded items specifically tailored for staff, coaches, managers, and supporters to proudly wear and show their school spirit. The Supporters Shop will be open for purchases from Friday, February 16th, through to Friday, March 1st.

After this initial period, the shop will temporarily close to allow for the production of items, which are made to order. Anticipated delivery time is estimated to be 6-8 weeks.





In addition, we're excited to share that we're exploring the possibility of adding a scarf and beanie to the shop as well. To gauge interest around these items, please take a moment to complete this quick [Google Form](#).

We encourage you to explore the shop and consider showing your support for our school by purchasing some of our exclusive merchandise.



## TRIATHLON

Registrations are now open for the 2024 Triathlon Zone Day, held at Long Bay Reserve on the 8th of March.

Students can enter either as individuals or as part of a team of three, with each member completing one of the disciplines to finish together.

The entry fee is \$10 for individuals and \$5 for team competitors.

If your child is interested in participating, please complete this [Google Form](#) by **Monday, 26th March**.

Should you have any questions or need further information, please don't hesitate to contact me at [nicole.king@mbi.school.nz](mailto:nicole.king@mbi.school.nz).



## STUDENT SUCCESSES

Congratulations to Andrew Day who recently took part in the Northern Regional Championship representing MBSLSC in the U11 boys.

Andrew won Gold in the Individual Board Race, Beach Flags and Beach sprints, was 4th in the Cameron Relay, Diamond and Board Relay and 6th in the surf swim.

He is also competing in Mount Maunganui as the youngest member of the MBSLSC team for the Oceans Festival of Junior Lifesaving. Well done, Andrew!



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.

