



A VOICE WHISPERED IN MY EAR: "YOU'RE NOT STRONG ENOUGH TO WITHSTAND THE STORM." I WHISPERED BACK: "I AM THE STORM."

Adharanand Finn

FROM THE SIDELINES

How often do our children in sport compete? Playing a competitive game or playing in a competition doesn't mean that they will compete. It might mean that they work hard, but it doesn't mean that they will compete. One comes from the outside, one from the inside and John O'Sullivan, founder of 'Way of Champions' talks about how important the distinction is. Players will work hard and it is to be celebrated. But competing is a choice that can be made for those who want to find that next level.

A parent, a coach, a game or a teammate might be enough to make an athlete work hard. This can be controlled by constraints. In practice, this could be running a certain distance in a certain time or doing an explosive move, such as a burpee, a number of times. Competing means trying to be the fastest to do it. In a game, this can be the number of minutes a player plays, or a metric such as metres ran or passes made. The workload can be controlled and set by others externally. A player can be forced to work hard by a coach. But they can't be forced to compete. This has to come from within.

At a conference I attended, Dr. Jerry Lynch, a sports psychologist, focused on the fact that the root word for competition is Latin - competere - meaning "to strive together." This means that when we compete, we strive together to get better. I use the opposition and the moment to learn and get better, and to help them get better. But I won't if I don't compete against them.

The best favour I can give my teammate at training is to compete against them, to try and win each moment against them. If I go easy on them, neither of us improves.

The best favour I can give my team in a game is to compete for them. Test your limits. Think about every moment, every action as something that can be won.

O'Sullivan says next time, after a practice or game, don't just ask your child if they worked hard, ask them if they competed. Make a habit out of competing and striving together to be the best they can be and they may find that next level.

Brandon Kruyen

Director of Sport

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TERM 1 SPORTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK nine Monday 25 March Friday 29 March	North Harbour Orienteering	North Harbour Cricket Girls			GOOD FRIDAY
WEEK ten Monday 1 April Friday 5 April	EASTER MONDAY	EASTER TUESDAY			
WEEK eleven Monday 8 April Friday 12 April	North Harbour Futsal Boys		North Harbour Futsal Girls		

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

CRICKET

On Thursday 7 March, our MBIS Boys Cricket Team went to Freyberg Park in Browns Bay to compete in the Boys Cricket Zone Day. It was a beautiful day when the sun was shining.

In the first game we were playing Northcross our rivals. Leo won the toss and elected to bowl first. The opening batsmen for Northcross were very good, with one who scored 68 not out. We had to chase down a target of 242. It was a tough total. The boys fought hard but didn't come away with the win. The score was 242 to 151.



In game two we were playing, Kristin. Brody won the toss and elected to bowl first. The boys worked hard in the field, restricting Kristin to 153 runs on the board. When it was our turn to bat we chased down their score in only 18 overs, finishing with a whopping 186 runs. Thanks to all of the parents who supported us on the day, it helped so much. And a big thanks to Miss King for using her time to come and drive and score.

Brody Wilson and Leo Wilson



SOFTBALL

Murrays Bay
INTERMEDIATE

YEAR 7 GIRLS

Since we won the North Shore softball competition, we got to go to Auckland champs which was an amazing opportunity for us to have. We knew this was going to be way harder than the North Shore competition. We played against Randwick Park School and they were an amazing team. We had a 10 minute break and were ready for our next game. Next we played against Sir Edmund Hillary. This one was a close game but we lost again but we took the loss like champs and got ready for our next game. We versed Glen Eden and they were a very good team so unfortunately we lost. We had a long break and were more ready than ever, but I don't think the odds were in our favour because this was an incredible team and we lost. Overall we came 5th in Auckland! Which was an amazing achievement. We watched the year 8s and left. We had so much fun. Special thanks to Mr Kruyen Jr. and Mrs Morrison for making this all happen.

Olive Fraser and Ashley Kruyen

YEAR 8 GIRLS

We all arrived at the gym early in the morning ready for the day. It was nerve racking going to Auckland Champs for softball. But we turned those nerves into excitement. We got in the van and drove to Rosedale Park. When we got there, there were a couple teams already there warming up. We got set up under a tree and went to the morning briefing. After getting a reminder of the rules we went and got warmed up for our first game.



We played hard and had some disagreements about some calls but in the end we unfortunately lost 3-2. While we were all sad about losing our first game we tried to focus on our next instead. Unfortunately, after lots of effort and work, we lost again. But that didn't stop us. We pushed through the last game before the quarter finals and finally got a win. That made us so happy, that we ended up winning our quarterfinals as well!

While watching the year 7s play in between our games we were also trying to strategise. In the semi finals we ended up winning as well. That led us to playing off for 5th and 6th. We came 5th last year so it would be good if we did that again. After lots of hard work and putting in lots of effort, we won! We came 5th!

We got packed up and hopped into the van. We then drove back to school and got the van unpacked. After a long day of hard work we went back to our classes, sharing our results with our friends. We had a really fun time and enjoyed playing softball! Thank you Mrs Morrison and Mr Kruyen!

Bailey Swanepoel



TENNIS

Murrays Bay MBIS BOYS A INTERMEDIATE

On Monday the 18th of March we (the tennis A team) had a zone day. There were 4 of us in the team and we each had seedings. We started the day off with singles where the format was the first seeding from one school would play the first seeding from another school and same with seeds 2, 3 and 4. We started off well where we came first in our group of 3 teams so then we went to the quarter finals. We faced Rosmini, a very good school who ended up winning the singles and we just lost by a couple of points. That afternoon, we had doubles where we came first in our pool of 6 teams then played very well to make it to the finals where we lost by one point on point difference but overall had a really fun day and all enjoyed it heaps.

Harry Wallace

MBIS BOYS B

The MBIS B Team for tennis went to the North Harbour Zone Day on Monday. We played well together and finished 7th in the doubles which was the best result for the team of Cooper, Matthew, Fletcher, Luke.

Cooper Fitzpatrick

MBIS GIRLS A

We arrived at Forrest Hill Tennis Centre in the van, and got told what team we would be playing in, and our ranking (1-4). There are two teams of four, An A team and a B team, and each person in the team would get a ranking of either

1,2,3 or 4. After about five minutes we were allowed to go out and start practising with our teammates. At 9:00am the event started and we were given a sheet of paper that told us our singles and doubles round robin groups and what court we would be playing on. In our round robin group we would have to play against four other schools, our number 1 against their number 1, our 2 against their 2, while the 3 and 4 from our teams kept track of the score, then swap when 3 and 4 were playing. Each game was ten minutes long and we used table tennis scoring. When we had finished the Round Robin, we were told what school would be playing who for the quarters, the semis, and the finals. The teams who lost would play off for third and fourth.

This whole scenario repeated for the doubles as well, however either a parent helper did the scoring for us or we did it ourselves as 1 and 2 and 3 and 4 were all playing at the same time.

Overall our team, the Girls Team A came 5th in doubles and 5th in singles.

It was a really fun event because you got to hang out with different people and make new friends, and you get to play sports and miss a day of school doing something fun.

Martha Haycock





MBIS GIRLS B

On Tuesday 19th, eight girls (two teams of 4) had the opportunity to play in the tennis tournament at the Forrest Hill Tennis Centre. There were many teams consisting of Northcross, Birkdale, Wairau, Belmont and much more. There were 15 teams!!! We started off the beautiful, sunny and maybe too hot of a day with singles. We were numbered 1-4 and opposed the other teams with the same number as you. Each game was about ten minutes along with 5 minutes in between to get yourself all sorted. We played 3 round robin games followed by quarters, semis, and then the finals. Team B ended the competition placed 13th in singles and 5th equal in doubles. There was a whole heap of teamwork, resilience and sportsmanship shown on the day. Overall the day was lots of fun, extremely successful, and everyone had a blast!

Rita Dixon

TRIATHLON

On Friday 8 March, 100 MBIS students competed in the North Shore Schools Triathlon - it was a great day! It was a nice sunny day, perfect conditions for everything, even the swim! This helped a lot of people's mentality. As expected at such a big event, everyone had nerves but we were all ready for the day ahead. For some, it felt really challenging and for others, it was like a day in the park. Those who felt good about the day ahead had to cheer on the less confident others. Everyone battled through their initial anxiety and performed greatly - we had good results all around and a really successful day. We would like to congratulate everyone who participated and thank all our helpers.

Thanks for the awesome day MBI!

Johan Vorster and Grayson Coulter





STUDENT SUCCESSES

Murrays Bay
INTERMEDIATE

MOUNTAIN BIKING

Congratulations to Ashleigh Lloyd-Read who competed amongst 475 students from 160 schools from all over the North Island. She came 7th in the U13 category, but actually finished on a better time than some of the U13 males! About 15% of riders are female and 85% are male over all the age categories.

The trails are pretty hard (grade 4 and 5, which is intermediate to advanced) and this is her first time riding this type of event which is called Enduro. It took her around 3 hours to complete the course. This involves riding up a long, steep hill to the start of the trail and then going down the hill as fast as you can. Well done Ashleigh!



SWIMMING

Johan Vorster -

On the weekend, New Zealand Age Group was held at the NAC Swimming Centre and it was the best event I've attended so far. It was the best experience for me and I loved to watch some of the older kids and race people that aren't in my age group.

Some of the best swimmers in New Zealand were there and they even broke some records!

I competed in 50m, 100m, 200m breaststroke and 50m freestyle. I competed in the finals for 50m breaststroke, and even though I didn't swim a PB in that event I was so happy just to qualify for the finals.

My nerves were going crazy before every race but every time I dove in they just flew away. The atmosphere there was crazy but as in good crazy. I loved it and I can't wait to swim it again.

I was proud of myself just by being there and being supported by my club.



Michael Jnr Yang -

What did I compete in?

- 200 - 5th, 100 - 8th, 50 breaststroke - 3rd
- 200 - 6th, 100 - 13th, 50 backstroke - 13th
- 50 freestyle - 22nd

I PB'd in everything except 50 and 100 backstroke and 200 breaststroke but they may be converted times from short course events. My goals going forward are:

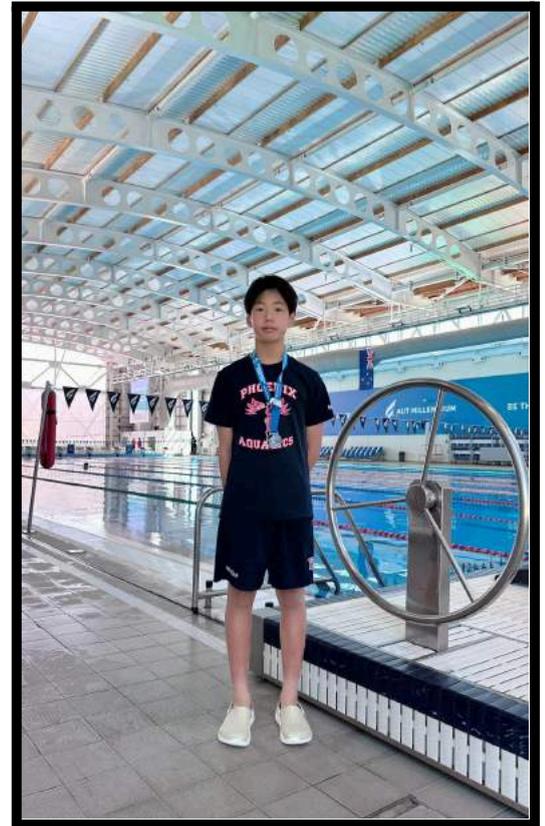
- Breaking Auckland record for as many breaststroke events as possible
- Qualifying for NAGS
- Qualifying for an international meet in America

Hyunseo Lee -

During the weekend I had a competition, the competition was called ASA Age Group Championship. I only signed up for two events which were, 100 breaststroke and 50 breaststroke. The competition was held at NAC (National Aquatic Centre) so all the clubs joined together to compete with each other.

I was really nervous because this year was my first ever open Championships. Because it's an open age group, there were finals in the afternoon every day of the competition. My first event was 100 breaststroke, I PB'd by 2 seconds which led me to enter the finals 3rd. Overall after the finals, I came 3rd which earned me a bronze medal. The next day I had my 50 breaststroke, my best event. I couldn't PB on my 50 but I still made it to the finals 2nd. The finals were extra scary than the 100 breaststroke because I had to compete against swimmers who were twice the size of me, but in the end, I still came 2nd so I got a silver medal, which I was proud of!

My first ever Age group Championship was so fun and scary, and I think I can do much better when my competitors are all gone up in the 14 year olds next year. Next year my goal will be to get the Auckland Record for 13 year old breaststroke or even a North Shore Record.



Grayson Coulter -

On the weekend the New Zealand Age Groups took place at NAC and it was great. The nerves were high in the sky and everyone was worried that they wouldn't be able to swim PBs and I definitely felt that. I had 5 races and if I made the finals for all of them, I would have 10 over three days. I had 200m, 100m, 50m freestyle, and 100m and 50m fly. All of which I was worried about but I felt good once I got into the water. I managed to get through the first day of 200m freestyle and 50m fly and PB'd in 200m free getting 2:01:15, and 29:3 for 50m fly - although the fly wasn't my best time, it was right after the 200m free.



On the second day, I had 100m free and 100m fly which was probably the worst day for both of those races. I managed to use some of my energy to get into the finals for the evening. In the evening I had made both finals and I had rested so I was ready! I swam with all my heart and got 55:7 for 100m free which was a PB and I was so excited.

The last race of the session was 100m fly so I had time to sit and warm up but not for long. The fly race started strong going as fast as ever and I felt great until...the last 25m came. I was swimming underwater practically but still persevered and got a 1:02 for 100m fly1 - I was so happy.

On the last day, I only had 50m free which was the race I had been looking forward to the most because I wanted to get 25:9 for it and by the time I got on those blocks I was nervous which was great! It improved my reaction time and I managed to swim 25:9! I was so proud all my hard work paid off. I achieved my goal and the meet was over which meant I could rest.

Everyone had a good day overall, some were crying for not getting the right time and some were crying because they did but everyone was comforting each other and making sure they were okay.



COMMUNITY NOTICES

SHORE TO SHORE

[Click here to REGISTER](#)

Harcourts Cooper and Co Shore to Shore is a great day out along our sunny shores with thousands of participants running or walking the 5.9 km route! The event starts at Takapuna Grammar School, heads along both the picturesque Takapuna and Milford beaches and ends at Milford Reserve.

This event brings together the North Shore community and supports local schools by providing them with an opportunity to raise funds for much-needed sports gear.

A great opportunity for Friends, Parents, Aunties, Uncles and Grandparents get together, dress up, and join us for the fun!

♥ A fantastic event with plenty of awesome costumes and spot prizes ♥

Bring On Sunday, 7th April 2024!

