



Murrays Bay Intermediate

Learn to Live

Sports Newsletter

March 2018



If you ask Amanda Visek (Associate Professor at George Washington University), what makes sport fun, she will say that after extensive research, the number one reason why kids stay in sport and the number one reason why kids leave sport is whether it is fun. Fun is not "goofing off" and having "free time", but fun is trying hard, being a good sport, positive coaching, learning and improving, game time support, games, practice, team friendships, mental bonuses, team rituals, and swag.

These are the key 11 elements that she has identified that kids say create 'fun'. These are what keep kids in sport and develops them into becoming the best athletes that they can be. Not one of these factors focuses on winning!

These years are about keeping our kids in sport and making them lifelong active athletes. If you wish to hear more about Amanda's research into what makes sport fun, click on the link below:

[Link to Amanda Visek's Research and Podcast](#)

Upcoming Events

Week	Monday	Tuesday	Wednesday	Thursday	Friday
5	26 Feb	27 Feb Year 7 Boys Football Trial	28 Feb	1 March NH Cricket Girls Year 8 Boys and Year 8 Girls Football Trial	2 March NH Cricket Girls SAVER Year 7 Girls Football Trials
6	5 March NH Triathlon	6 March NH Softball Boys	7 March NH Softball Girls	8 March NH Softball SAVER	9 March
7	12 March NH Swimming	13 March NH Cricket BOYS	14 March	15 March	16 March
8	19 March	20 March NH Cricket Boys SAVER	21 March Auckland Champs Softball Boys	22 March Auckland Champs Softball Girls	23 March
9	26 March	27 March	28 March NH Tennis Girls	29 March NH Tennis Boys	30 March GOOD FRIDAY

Northern Regions Junior Surf Champs

Congratulations to:

- Zoe Crawford: Gold Surf race, Gold Diamond, Gold Board race, Gold Board rescue and Bronze Cameron
- Ashton Wheeler: Silver in board, Bronze board rescue and Bronze board relay
- Grace Williams: Gold Sprint Relay and Bronze beach flags
- Vita Yarrell-Stevenson: Silver board, Gold Cameron Relay, Gold Board relay and Gold sprint relay.
- Amy Lees-Baker: Bronze Cameron Relay
- Tia Sands: Silver Cameron Relay
- Isabella Mitchell: Bronze Sprints
- Liam McCabe: Bronze Board Relay and Bronze Cameron Relay
- Eryn Westlake: Gold in board and Bronze Beach sprints
- Cooper Grant: Gold Beach Sprints and Silver Beach Flags
- Caitlin Longden: Bronze Board Relay, Silver Cameron and Silver swim



- Kyel Anderson: Bronze Cameron Relay
- Xavier Gordon: Bronze Diamond, Bronze Beach Sprints, Bronze Board Relay, Bronze Cameron Relay
- Brandon Holder: Bronze Cameron Relay

NZ Junior Swimming Champs

- Zoe Crawford: Gold 50 freestyle, Gold 100 Freestyle, Gold 200 Freestyle, Gold 50 Backstroke, Gold 200 Backstroke, Silver 400 freestyle, Gold Freestyle Relay and Gold in Medley Relay. And also an Auckland Record in 200 Freestyle.
- Xavier Gordon: Gold in Medley Relay, Gold 50 Backstroke, 50 Breaststroke, Gold 100 Butterfly, Gold 50 Freestyle, Gold 50 Butterfly, Gold 100 Backstroke, Gold 100 IM, Gold 200 IM, Gold 100 Freestyle,
- Daniel Zing Zang: Gold in Both relays, 50 free and fly and 100 im. (Auckland records for gold individual events), silver for 50 breast, 100 breast and 200 free and bronze in 200 breast and IM.
- Summer Osborne: Gold in Freestyle Relay and Gold in Medley Relay.
- Charlie Twose: Bronze 400 IM, Bronze 400 Freestyle



Touch NZ Northern IPS 2018

Congratulations to Riley Sheldon, Talia Hurley, Taimana Baillie, Zara Preece-Twose and Labelle Kumeroa for being part of the North Harbour U-12 Elite girls and achieving a 2nd place finish.



Sporting Development Programme

At MBIS, we wish to identify and further develop our sporting students. One way that we can do this is through our 10 week sporting development programme. This comprises 10 practical sessions which take place in our gym at 7:30am on a Tuesday morning and 10 theoretical or discussion based sessions which take place on a Thursday during the school day. Our programme is run by a team of teachers and outside experts, so each week the students may be working with a different person to offer a wide range of activities, insights and ideas, without focusing on any one sport.

Throughout the year there will be 3 different cycles; the first one, which will begin shortly is for year 7 students and beginning in the middle of term 2 is our year 8 programme. After that our final cycle involves a new group of year 7 students.

Our focus for the first cycle is on developing those year 7 students who are achieving at a high level and are very involved already in sport, particularly at MBIS. Our focus in the second cycle is the same, but for year 8's. For both of these, students fill out application forms, which can be accessed at our Google Classroom (code:**xfl6tz1**) and the sports staff involved in the programme will study the application forms and select those students that are most suitable.

In our final cycle, the programme applicants are selected by the classroom teachers who feel that a student in their class will benefit or is appropriate to the programme.

The due date for application forms to be in for year 7 's is next Wednesday the 7th of March. Year 8's will be notified later in the year to apply.

Sports at MBIS is built around the technology of Google Classroom. To access and be a part of any sport, students simply have to find the classroom code on our website to become linked to that sport and all they need to know.

Details for this can be found by following this link: [MBI sport website](#).

Any other questions, please email sports@mbi.school.nz.

