


## ARCHERY

Archery is a great sport that is both competitive and social. Our instructors have only four out of eight students shooting at one time so they can have their full focus on a small number of students. Archery is a very popular choice so this activity fills up quickly.

<b>Archery</b>		<b>Location</b> – Behind Cricket Nets <b>Meeting Point</b> – Behind Cricket Nets <b>Wet Weather</b> – Scout Hall			
Time	Day	Years	Start	End	Cost
12.45 – 1.20pm	Tuesday	Years 4 - 8	Week 1 18/10/22	Week 7 29/11/22	\$126.00
12.45 – 1.20pm	Thursday	Years 4 - 8	Week 1 21/10/22	Week 7 1/12/22	\$126.00
Sessions = 7 sessions					

## BADMINTON

Run in conjunction with the New Zealand Badminton Academy, the King's Sports School offers a badminton programme designed for players of all levels. Students will learn foundation skills, develop their hand/eye coordination and compete against each other in friendly competition.

<b>Badminton</b> 		<b>Location</b> - Sportsdome <b>Meeting Point</b> – Sportsdome			
<b>Time</b>	<b>Day</b>	<b>Years</b>	<b>Start</b>	<b>End</b>	<b>Cost</b>
12.45 – 1.20pm	Wednesday	Years 3 - 8	Week 1 19/10/22	Week 7 30/11/22	\$126.00
Sessions = 7 sessions					
Students must wear PE gear to participate					

## BASKETBALL

Our basketball programme is a great way to improve basketball skills and knowledge.

The aim is to give children a grounding in the game and introduce them to competitive basketball via a local league. Training will give participants an opportunity to improve their basketball skills; including passing, shooting, ball-handling and footwork. Players will then apply these skills in a fun and competitive game situation.

A key component of the programme is to develop young basketballers to the point where they will enter and compete in local leagues. Emphasis will be placed on skills used in a game of basketball.

All boys, of all ability levels, are welcome to join. If boys are interested to play for the school then league games will be played at Saint Kentigern School after school.

**Note that all students must find their own transport to the after school games.**

**PLEASE NOTE: ALL STUDENTS MUST HAVE A MOUTHGUARD TO PARTICIPATE**

Basketball King's Basketball		Location – Sportsdome Meeting Point – Sportsdome			
Time	Day	Years	Start	End	Cost
12.45pm – 1.20pm	Monday	Rep Basketball Years 5 - 6	Week 1 17/10/22	Week 7 28/11/22	\$120.00 (including the league fee)
12.45pm – 1.20pm	Wednesday	Development Years 2 - 4	Week 1 19/10/22	Week 7 30/11/22	\$105.00
3.15pm – 4.00pm	Wednesday	Rep Basketball Years 3 - 4	Week 1 19/10/22	Week 7 30/11/22	\$140.00 (including the league fee)
12.45pm – 1.20pm	Thursday	Rep Basketball Years 7 - 8	Week 1 20/10/22	Week 7 1/12/22	\$140.00 (including the league fee)
Sessions = 7 sessions (Monday = 6)					
Boys must wear PE gear to participate					

## CHESS

One of the great games continues its long-standing popularity as part of the King's Sports School.

The chess programme takes place every Wednesday for first-time novice players, Thursday for advanced players, and Friday for intermediate players.

We continue to be extremely fortunate to have the services of our chess tutors, headed by Mr Ewen Green. The boys are shown different scenarios as a group at the beginning of the lesson and then the boys play games for the rest of the lesson, putting into practice what they have learnt.

Chess is a fantastic game to get the mind working and is a game that you can play at any age with lifelong enjoyment. There may be opportunities for students in the chess programme to compete in an inter-school tournament.

Chess		<b>Location</b> – King's School Science Room – The Lighthouse Building <b>Meeting Point</b> - King's School Science Room - The Lighthouse Building			
Time	Day	Ability	Start	End	Cost
12.45-1.20pm	Wednesday	Chess Beginner	Week 1 19/10/22	Week 7 30/11/22	\$126.00
12.45-1.20pm	Thursday	Chess Advanced	Week 1 20/10/22	Week 7 1/12/22	\$126.00
12.45-1.20pm	Friday	Chess Intermediate	Week 1 21/10/22	Week 7 2/12/22	\$126.00

Sessions = 7 sessions

Chess is a popular activity and whilst we would like to cater for all children wishing to be involved, we have to limit numbers to fit the venue. Children who choose this programme should be prepared to attend every session. Failure to do so will see their space given to others on the waiting list.

## CRICKET

The Gentleman's Game. Hone your cricket skills under the watchful eye of experienced coach and player Callum McCarthy.

Starting from the beginning, boys have a chance to learn the art of bowling, batting and fielding. Once older (the Friday session), boys will use a hard ball and start to learn how to determine the best shot to play.

<b>Cricket</b>		<b>Location</b> - Cricket Nets <b>Meeting Point</b> – Sportsdome Foyer <b>Wet Weather</b> - Arthur Lennon Pavillion			
<b>Time</b>	<b>Day</b>	<b>Ability</b>	<b>Start</b>	<b>End</b>	<b>Cost</b>
12.45 – 1.20pm	Tuesday	Advanced Hardball* Years 5 - 8	Week 1 18/10/22	Week 7 29/11/22	\$126.00
Sessions = 7 sessions					
Students must wear PE gear to participate					
*Students must have all protective gear to participate in this session					

## FOOTBALL

The beautiful game of football brought to you by Cobi Allen. An innovative approach to football that puts emphasis on fun, ball mastery, and learning about the various aspects of the game. A key component in this class is to not only become a better footballer but also encourage good character and sportsmanship.

**Cobi Allen**

**Location** – Sportsdome  
**Meeting Point** – Sportsdome

Time	Day	Years	Start	End	Cost
12.45 – 1.20pm	Tuesday	Years 3 - 4	Week 1 18/10/22	Week 7 29/11/22	\$126.00
3.00 – 3.45pm	Wednesday	Years 1 - 2	Week 1 19/10/22	Week 7 30/11/22	\$126.00
12.45 - 1.20pm	Friday	Years 5 - 8	Week 1 21/10/22	Week 7 2/12/22	\$126.00

Students must wear trainers to participate.

Sessions: 7 sessions

## GOLF

Golf has proven to be a popular addition to the Sports School programme and, because of this, fills up very quickly. The sessions vary with tee shots and the short game, with driving being a focus of most sessions. Golf is a great way to teach patience and sportsmanship among other characteristics.

Please note these sessions are held off-site (Ellerslie Race Course) and the students must find their own transport there.

<div style="text-align: center;"> <b>Golf</b>   <b>INSTITUTE OF GOLF</b>  <small>Forever evolving your game</small> </div>		<b>Location</b> - Ellerslie Golf Centre <b>Meeting Point</b> – Ellerslie Golf Centre <b>Wet Weather</b> – Undercover options at Ellerslie Golf Centre			
Time	Day	Years	Start	End	Cost
3.30 - 4.30pm	Thursday	Years 3 - 4	Week 1 20/10/22	Week 7 1/12/22	\$245.00
4.30 - 5.30pm	Thursday	Years 5 - 8	Week 1 20/10/22	Week 7 1/12/22	\$245.00
Sessions = 7 sessions					
All equipment provided. Boys will need to arrange their own transport to and from the venue.					

## HOCKEY

Hockey is under the direction of local premier club Somerville. The programme is led by former Black Sticks and the club's Coaching Director, Simon Norton.

Sessions will target individual technical skills working from the club's specific syllabus before breaking into small game situations where players are taught "where and when" to be during match play.

The programme offers a base for developing players through to the upskilling of rising stars with representative aspirations. Participants also become eligible for the clubs "Hooked on Hockey" holiday programme reserved for club members.



### Hockey

**Location** – Astro Turf

**Meeting Point** – Astro Turf

**Wet Weather** – Sportsdome

Time	Day	Years	Start	End	Cost
3.15 - 4.00pm	Tuesday	Years 3 - 4	Week 1 18/10/22	Week 7 29/11/22	\$126.00
12.45 -1.20pm	Thursday	Years 5 - 8	Week 1 20/10/22	Week 7 1/12/22	\$126.00

Sessions = 7 sessions

All participants will need to have PE gear, sports shoes, shin pads, a mouth guard and a suitable hockey stick. For safety reasons, children will not be able to participate if they do not have a mouth guard and shin pads to wear each session.

Sticks are not provided for the session so it is essential that your child has his own in order to participate in the class.

## KARATE

Sensei Dennis May (8th Dan Black Belt) is the Director of the King's School karate programme. He and his instructors continue to run their ever-popular classes.

Our aim is to provide quality instruction with a strong emphasis on personal development, self-defence, and health and fitness. The King's karate programme will be teaching a traditional style of karate called Goju Ryu (or hard and soft style). Goju Ryu has an equal emphasis on hard and soft techniques, and is ideally suited for younger students. A traditional style, it is firstly a complete exercise programme and secondly, includes the practical benefits of self-defence.

### Training

Initially students learn in a strictly non-contact environment progressing according to their own abilities. Emphasis is placed on defence rather than attack. As a student advances technically they learn increasingly intricate techniques and are gradually exposed to controlled contact applications of karate techniques.

Students will occasionally be taught self-defence. Techniques that do not involve punching or kicking, but rather simple yet effective restraining holds. Progress made by the boys so far has been outstanding with many of the students becoming yellow belts and beyond.

Karate		Location – Arthur Lennan Pavilion (adjacent to the Astro turf) Meeting Point - Arthur Lennan Pavilion (adjacent to the Astro turf)			
Time	Day	Years	Start	End	Cost
3.15 - 4.00pm	Monday	Years 1 - 4	Week 1 01/08/22	Week 7 26/09/22	\$108.00
3.15 - 4.00pm	Tuesday	Years 1 - 4	Week 1 02/08/22	Week 7 27/09/22	\$126.00
4.00 – 4.45pm	Tuesday	Years 5 - 8	Week 1 02/08/22	Week 7 27/09/22	\$126.00
4.00 – 4.45pm	Wednesday	Years 5 - 8	Week 1 03/08/22	Week 7 28/09/22	\$126.00
Sessions conclude with a grading and issuing of certificates					
Sessions = 7 sessions (Monday = 6)					
Classes are limited to 20 Students. Students must wear PE or karate gear to participate.					

## TENNIS

The King's Sports School tennis programme is conducted by Geoff Beech. Coaching squads will cover basic technique to advanced stroke production and include footwork, drills, match play (singles and doubles) and decision making tactics.

Sessions are streamed into year groups, however boys may move up or down based on the coach's recommendation. Please select the correct year group when making your booking.



**Location** – Tennis Courts  
**Meeting Point** - Tennis Courts  
**Wet Weather** – Table tennis in Sportsdome

Time	Day	Ability	Start	End	Cost
12.45 – 1.20pm	Monday	Years 2 - 3 (Beginner)	Week 1 17/10/22	Week 7 28/11/22	\$108.00
12.45 – 1.20pm	Tuesday	Years 4 - 6 (Beginner)	Week 1 18/10/22	Week 7 29/11/22	\$126.00
12.45 – 1.20pm	Wednesday	Years 4 - 6 (Intermediate)	Week 1 19/10/22	Week 7 30/11/22	\$126.00
12.45 – 1.20pm	Thursday	Years 3 - 6 (Beginner)	Week 1 20/10/22	Week 7 1/12/22	\$126.00
12.45 – 1.20pm	Friday	Years 6 - 8 (Advanced)	Week 1 21/10/22	Week 7 2/12/22	\$126.00

Sessions = 7 sessions (Monday = 6)

Students must wear PE gear to participate

Students must have their own racket to participate or they can borrow one from School.