



Rutherford College

Tohea- To strive for personal excellence



Sports Booklet
The ultimate guide to sports

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SPORTS MESSAGE

Welcome to Rutherford College Sports.

This comprehensive guide will provide you with all the information you need about the sporting opportunities available to our students.

Sports at Rutherford College is an integral part of our students life. The College strives to offer a diverse range of sporting codes to ensure that every student, regardless of their skill level, has the opportunity to participate.

Sports also play a crucial role in developing well-rounded individuals. Participation helps students develop self-discipline, teamwork, and leadership skills.

It also fosters a sense of community and school spirit. Whether you're a player, a coach, or a spectator, you'll be part of a larger community that values sportsmanship, respect, and fair play. Our sports program brings together students, teachers, parents, and alumni creating a sense of belonging that extends far beyond the playing arena.

Rutherford College also offers a variety of annual school sporting events throughout the year. These events include Athletics, Swimming and Cross Country which provide a great opportunity for our students to come together and celebrate our college.

We're proud of our sports teams and the positive impact they have on our school and students.

The Sports Department is always available to provide assistance and information. You can stop by our office, give us a call, or send us an email, and we'll be happy to answer your questions and provide you with the information you need. We're committed to helping our students get involved in sports and achieve their goals, so don't hesitate to reach out to us!

Miss Gill Bloxham

Director of Sport

bloxhamg@rutherford.school.nz



CODES OF CONDUCT

CODE OF CONDUCT FOR RUTHERFORD STUDENTS

TO THE BEST OF MY ABILITY I WILL:

- Play by the rules.
- Never argue with an official, their decision is final.
- Work hard to do my best at all times.
- Be a good sport.
- Remember to thank my coach, the officials, the opposition and supporters.
- Avoid putting people down or bullying them.
- Attend all meetings, trainings, games and other related team activities. Notify the Coach/Manager of any unavailability in participation at least 1 week prior to playing date. Attend all trainings if you are injured and learn through watching and listening.
- Remain committed to the Team, Coach and Manager for the duration of the season. Repeated incidents of misbehavior will be reported to the sports department.
- Abide by all rules of the sport and Fair Play character at all times.
- Wear appropriate Team uniform with pride at all times.
- Disclose to the best of your knowledge any medical or physical disabilities.
- Pay in full all associated Sports fees and return permission slip in a timely manner.
- Under no circumstances will Rutherford College tolerate the use of drugs and alcohol at any sporting event. Students will be banned for any drug and alcohol use is dismissal.
- Respect your Team members, Coaches and Managers.
- Enjoy and play fair.



CODE OF CONDUCT FOR RUTHERFORD PARENTS

TO THE BEST OF MY ABILITY I WILL:

- Encourage my child and other people's children.
- Display self-control on the sideline. Always be positive. Never shout at or ridicule players.
- Watch my child play and let them enjoy the game. Remember they play sport for their reason not mine.
- Respect my child's effort the same regardless of whether they have won or lost.
- Be a positive role model for my child.
- Never place undue pressure on my child to play or perform.
- Make an effort to understand the rules of the game.
- If children are interested, encourage them to play sport. However, if a child is not willing to play, do not force them.
- Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment. Encourage children to always play according to the rules.
- Recognise the value and importance of Volunteer Coaches. They give their time and resources to provide recreational activities for the children and deserve positive support.
- Respect all umpires, referees and coaches decisions.



DISPUTES

All sports are required to have an adult present with a team at a given sport. It is the adults' responsibility to ensure things are taken care of. Any disputes must be handled in the correct manner:

1. Do not take matters into your own hands.
2. At all times students are under the school's rules. If they are playing for a school team then they must follow the school's rules.
3. You can assist by acting as a link between students, the school and yourself and assist with discipline if needed.
4. Report to the Sports Director immediately regarding any problems. Either by phone, email or letter.
5. The Sports Director will then handle the matter as per College Sports procedures. The correct authorities will be contacted.
6. Coaches, managers and parent-in-charge will be notified immediately of the outcome.

ACCIDENTS

If a student is seriously injured in a game and requires attention, arrangements need to be made by the coach, manager, parent-in-charge, for the student to be taken to:

- Medical Centre.
- Doctor.

If an ambulance is required someone responsible will travel with the student.

Inform parents and the college as soon as possible.

All coaches need to have a team list with the following information:

1. Address.
2. Home and emergency phone numbers.
3. Record of any medical problems.

It would be ideal for coaches or managers to have a cell phone available if possible for emergencies.

FIRST AID

All Sports teams will be provided with a small basic first aid kit. This gear should only be used when necessary. The regular taping of fingers, wrists, ankles, knees etc. by students should not require the use of gear from the first aid kit. Students need to have their own supply. Gear for taping, in the first aid kit is to be used only in emergency.

First aid kits are issued and returned to the Sports Department at the beginning and end of each season.

DIGITAL RESOURCES

Download the School Bridge App to receive sports notifications.



Like our Rutherford College social media pages for all sports information Draws- Trials, draws and achievements will be posted regularly.



Facebook: Rutherford College sports



Instagram: rutherfordsports

FAIR PLAY CHARTER

Rutherford College is a FAIR PLAY school.

We play hard and we play fair. Fair play is a fundamental value in the sporting world, reflecting respect for yourself, your teammates, opponents, coaches, and officials. Playing fairly reflects the highest standards of honesty, integrity, respect for rules, and sportsmanship. It creates a level playing field where every participant has an equal chance to succeed based on skill, effort, and determination alone.

SPORTS REGISTRATION

All students will be given the opportunity to trial for their chosen sport. Sign-ups will be advised via the Daily Panui, Rutherford College Sports Facebook page, Instagram page and through our Sports Committee members.

The Daily Panui can be found via the school portal.

If your child is interested in playing any sport, please ensure that he/she is aware of our communication methods.

SPORTS UNIFORMS

Players will be provided with a school playing sports uniform for the majority of sports teams. These are to be worn for the sport the student is playing and at no other time.

Football, Rugby, Rugby League- playing tops will be issued – you will be required to purchase the school shorts and sock.

Netball and Hockey Dress will be issued- Hockey players are required to purchase school socks

All uniforms that are issued to players are required to be returned at the end of the season/event in the same condition they were issued. If a uniform is lost or damaged, students/caregivers will be responsible for covering the cost of a replacement. The school colours are royal blue, white and navy. School sports long sleeved t-shirts and sweatshirts are available for purchase from the Sports Office. (Prices are subject to change).

PAYMENT OF SPORTS FEES

Student participation in sport is accompanied by fees for each code. These fees contribute to national and regional sporting levies, entry fees, coaching, umpiring, transport, equipment and administration costs. All sports fees must be paid in full before a student can participate in any interschool competition or tournament. If you are not in a position to pay the full amount, please contact the Sports Department/Accounts Office to work out a payment plan. Payments can be made via the School Portal or online banking.

Payment instructions for sports fees

School Portal- Best option

To pay through school portal

Go to Rutherford College Website. <https://www.rutherford.school.nz/>

Click on [School portal](#)

You will be required to sign in (you can sign in using Facebook or Microsoft credentials. Make sure you use the same email address as you have registered with the school).

Once signed in Click on Accounts

Make payment (Rutherford College does not charge for the use of credit cards).

Internet banking

Pay direct into the school bank account – 12 3038 0270894 00, state student(s) name and what you are paying for e.g. Volleybal

LUNCHTIME ACTIVITIES

Sports equipment is available for use during lunchtime. If students require any sports equipment, they will be required to leave their school bag and this will be given back upon return of equipment.

All equipment must be returned at the end of each lunchtime. If this equipment is not returned, it will not be replaced. Any student who loses or damages equipment will be responsible for the cost of replacement.

On occasion, the Sports Committee will have organized activities at lunchtime for students. The focus is on keeping our students active and healthy. These activities will be advertised in the Daily Panui, Facebook Sports page and Instagram. There will be opportunities for students to be able to earn house points.



HOUSE SYSTEM

The aim of our school house system is to promote a sense of community, camaraderie and healthy competition among students. Students are assigned to a house based on their Tutor class and compete in various school events and activities throughout the year. This helps foster a sense of belonging and team spirit among students, and encourages them to work towards a common goal.

HOUSE NAMES

Ko

Tāne Mahuta

te
miro

Tāne mahuta is known to many as the God of the forest. But Tāne is more than that. Tāne is the creator of mankind and the God of knowledge and many more. Tāne was the one who created the female form we know it as today by creating Hineahuone out of clay. Gave her a hongī to bring her to life then she sneezed which came the phrase Tīhei Mauriora. It was also Tāne who fetched the baskets of knowledge by climbing the twelve heaven to attain te kete tūātea. Te kete tuauri. Te kete aronui. Ā reference which is in our school haka.

whero, te miro kākārīki, te miro kōwhai ka Tōhmanu kōtuku i runga i te kōkiri. Kia pūmau i tō mātou tūrangawaewae.
Ko

Tama-nui-te-rā

Tamanui te rā is the sun that travels across the sky to bring us light. He is also the God of haka. Tamanui te rā married hine raumati who is the summer solstice. They had a son who Tāne rore. The God of heatwaves. You will see Tāne rore doing the haka to his father everytime you see the heatwaves on the ground. You also see him dancing whenever you see the wiri performed to show that the performance is well alive.

kōtuku mātou.

With
the
red

Ruaumoko

Rūaumoko is known to many as the God of volcanic activities. Rūaumoko is the youngest child of Ranginui and Papatūānuku. When Rangi and Papa were separated by their children Rūaumoko was still in the womb of Papatūānuku. Whenever there is an earthquake or a natural disaster on earth. Rūaumoko is marking his mother with her moko. Which makes him the God of moko also.

thread, the green thread, the yellow thread, we will strive for our personal excellence in a V formation. We will protect the nest because we are Rutherford.

IMPORTANT SCHOOL DATES

SWIMMING SPORTS

DATE: Students will be advised of the date of this event in the first week back at school (Term 1).

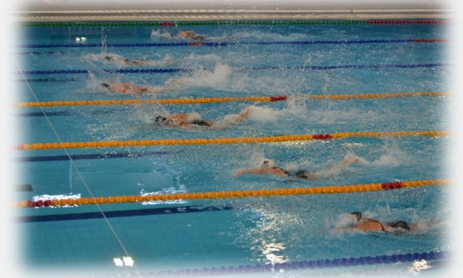
Please note this is not compulsory

VENUE: Rutherford College

Western Zone Swimming Championships - held at West Wave, Henderson - date to be confirmed
This event is available to swimmers who qualify on the school swimming sports day.

Auckland Champions of Champions - held at West Wave, Henderson - date to be confirmed

This event is available to swimmers who qualify at the Western Zone Swimming Championships



ATHLETICS DAY

DATE: Students will be advised of the date of this event in the first week back at school (Term 1).

Please note this is compulsory to all students.

VENUE: Rutherford College

Year 9 and 10 students are required to enter into a minimum of 3 events (1 track, 2 Field). Students dress in the allocated house colours. If students decide not to dress up, they are required to attend athletics day in their PE uniform.

Western Zone Athletics Championships - held at The Trust Stadium, Henderson/Mt Smart Stadium - date to be confirmed

This event is available to athletes who qualify from the school athletics sports day.

Greater Auckland Athletics Championships - held at Mt Smart Stadium, Tower Track - date to be confirmed

This event is available to athletes who qualify from the Western Zone Athletics Championships.



CROSS COUNTRY:

DATE: Term 1 - date to be confirmed

Please note this is compulsory for Year 9 and 10 students

VENUE: Te Atatu Pony Club



SPORTS AVAILABLE

Archery	Athletics	AFL
Badminton	Basketball	Cricket
Cycling	Distance Running	Dragon Boating
Equestrian	Football	Gym Sports
Hockey	Kilikiti	Lawn Bowls
Mountain Biking	Netball	Orienteering
Rowing	Rugby League	Rugby Union
Snow Sports	Softball	Special Olympics
Squash	Swimming	Table Tennis
Tennis	Touch	Triathlon
Volleyball	Waka Ama	Water Polo

Refer to each sporting code separately for more details.

Participation in a school sports team is considered to be a privilege not a right. Participation, therefore, will continue only on the basis that students meet the requirements in terms of commitment, attitude and a positive behavior while representing Rutherford College.

This requirement is based on our school values of: *Respect, Responsibility, Integrity, and Excellence*



SPORTS CODE INFORMATION

Please note all fees are subject to change

Senior sports are played during term 1 while junior sports are scheduled for term 2. However, there are some sports that are also available for juniors during Term 1. In case your child is interested in any of these sports, the school's sports department can be contacted to provide relevant information.

ARCHERY

Available to all Students

COST: \$30.00 per person
VENUE: School field
SEASON: Terms 2 and 3
GAME DAY: TBC

BADMINTON

Available to all students

COST: \$70.00 per player
VENUE: Waitakere Badminton Centre, Massey
SEASON: May - October (Terms 2 and 3)
GAME DAY: Monday or Thursday - depending on grade

Social badminton - Wednesday morning at school

BASKETBALL

Available to all students

COST: \$90.00 per player
VENUE: (Various venues -depending on grade entered)
SEASON: May - August (Terms 2 and 3)
GAME DAY: Games: start 4.00pm, last game time 8.00pm
Wednesday or Thursday evening - depending on grade

CRICKET

Available to all students

COST: \$40.00 per player
VENUE: Home and away games
SEASON: February – March (Term 1) October- November (Term 4)
GAME DAY: Girls - Wednesday, games start at 4.00pm
Boys - Saturday, games start at 9.00am

CYCLING

Available to experienced riders

COST: TBC
VENUE: Pavilion Drive, Mangere
SEASON: May - September
GAME DAY: Sunday mornings



DISTANCE RUNNING Available to all students

COST: \$15.00 per event
VENUE: Various venues
SEASON: Cross Country – (May – June)
Cross Country Zonal Competition - May, Moire Park
Auckland Cross Country Championship - June, Saint Kentigern College
Road Racing - September at Bruce Pulman Park, Papakura

EQUESTRIAN Available to experienced riders

COST: \$45.00 per event
VENUE: Various venues
SEASON: Equestrian is held all year round.

FOOTBALL Available to all students

COST: \$65.00 per player
\$90.00 – 1ST XI Players
VENUE: Home and away
UNIFORM: Shorts- \$30.00
Socks- \$20.00
SEASON: May - September (Terms 2 & 3)
GAME DAY: Girls - Wednesdays, games start at 4.00pm
Boys - Saturdays, games start 9.00am, 10.00am, 11.00am.
Boys- 1st XI play Friday nights with some games on a Saturday morning



HOCKEY Available to all students

COST: \$150.00 per player
VENUE: Various venues
SEASON: May - September (Term 2 and 3)
GAME DAY: Tuesdays Girls Under 15 Grades
Fridays Girls Grade C, Boys C Grade, Mixed Grade D 8- aside

KILIKITI Senior one day tournament – Term 1, Junior one day tournament- Term 4

COST: \$30.00 per player
VENUE: Auckland Domain / Bruce Pulman Park
UNIFORM: School Lavalavas and tops will be issued and these must be returned on the day of the tournament.

LAWN BOWLS Available to all students

COST: \$10.00 per player
VENUE: New Lynn Bowling Club
UNIFORM: PE Uniform
SEASON: Introductory tournament – March for Seniors, November for Juniors
Various Championships throughout the year

MOUNTAIN BIKING Available to experienced riders
COST: TBC
VENUE: Various venues
SEASON: Mountain biking is held all year round.



NETBALL Senior and Juniors
COST: \$140.00 per player
VENUE: Te Pai Courts, Henderson
SEASON: May– August (Term 2 and 3)
GAME DAY: Juniors -Saturday Mornings
Games 8.30am, 9.20am 10.10am, 11.00am
Seniors- Tuesdays after school
Games 4.00pm-7.30pm

ORIENTEERING Available to all students
COST: \$15.00 per event per student
VENUE: Waitakere College, Green Bay High School, Massey High School, Kelston Boys High School, Mt Albert Grammar School and Henderson High School
SEASON: February- March (Term 1)
GAME DAY: Monday afternoons

ROWING Available to all students
COST: TBC
VENUE: Head of the Harbour, February, Lake Pupuke
North Island Regatta, March, Lake Karapiro, Cambridge, Waikato
NZSS Maadi Cup, March, Lake Karapiro, Cambridge, Waikato/ Ruataniwha
SEASON: February- March (Term1)

RUGBY LEAGUE Available to all students
COST: \$50.00 per player
VENUE: Home and away games
UNIFORM: Shorts - \$40.00, Socks - \$20.00
SEASON: May - August
GAME DAY: Wednesday afternoons

RUGBY UNION

Available to all students
COST: \$40.00 per player
VENUE: Home and away games
UNIFORM: Shorts - \$40.00, Socks - \$20.00
SEASON: May - August-(Term 2 and 3)
GAME DAY: Saturday mornings



SOFTBALL

Available to all students
COST: \$30.00
VENUE: Home and away games
SEASON: November- December (Term 4)-juniors
GAME DAY: Girls play Wednesday afternoons
Boys play Monday afternoons

SPECIAL OLYMPICS

COST: TBC
VENUE: Various venues
SEASON: Various tournaments are held throughout the year

SQUASH

Available to all students
COST: \$60.00
VENUE: Various venues
SEASON: May - August
GAME DAY: Girls B and C grades play Monday
Junior B Boys play Monday afternoons
Senior A Boys play Friday afternoons
Senior B Boys play Wednesday afternoons

TABLE TENNIS

Available to all students
COST: \$40.00
VENUE: Waitakere Table tennis Stadium
SEASON: May - September
GAME DAY: Friday evening from 6.00pm

TENNIS

Available to all students
COST: \$30.00 per player
VENUE: Home and away games
SEASON: February - March
GAME DAY: Saturday mornings - games 8.15am or 10.15am

TOUCH**Available to all students**

COST: \$30.00 per player
 VENUE: Rutherford College
 SEASON: October - November (Term 4)
 GAME DAY: Junior competition - Tuesday afternoons

TRIATHLON**Available to experienced athletes**

COST: TBC
 VENUE: Saint Kentigern College
 SEASON: Aquathon - February
 Triathlon Championships- March
 Team Tag Triathlon - April
 Duathlon - May

VOLLEYBALL**Available to all students**

COST: \$40.00 per player
 VENUE: Various venues - Rutherford College, Avondale College
 SEASON: Junior competition – September - November (Term 4)
 GAME DAY: Thursday afternoons

WAKA AMA**Available to all students**

COST: \$30.00 per race
 VENUE: Orakei Basin
 SEASON: Auckland Secondary School Senior Regatta - March
 Auckland Secondary Schools Regatta - November
 Training takes place at the Te Atatu Boat Club

WATER POLO**Available to all students**

COST: \$140.00 per player
 VENUE: Auckland Pools- Diocesan, Epsom Girls, West Wave
 SEASON: Junior competition – October - December (Term 4)
 GAME DAYS: Play Friday or Sunday- times vary
 Training Monday, at West Wave -this is subject to change

Water polo Tournaments

North Island Junior Championships
 Auckland Pools - November



COACHES AND MANAGERS

Our sports team is always on the lookout for enthusiastic volunteers who can help us as coaches and managers. If you are interested coaching or managing sports teams, or if you simply have a passion for sports and want to help out, we'd love to hear from you. As a volunteer, you'll have the opportunity to make a real difference to the lives of our students, and to help them achieve their full potential. If you're interested in volunteering, please contact our sports department and we'll be happy to discuss the opportunities available.



TRANSPORT

The Sports Department is always seeking help to ensure that students are transported to events safely and on time. If you are able to assist with transportation, whether it be through providing vehicles or volunteering to drive, please do not hesitate to contact the sports department. Your help will be greatly appreciated and will go a long way in ensuring that our students have a successful sporting season.



FREQUENTLY ASKED QUESTIONS

If my child has a question regarding school sport, who is the best person to see?

The Sports Office is situated at the end of the main school driveway (behind the sports hall). Students are welcome to discuss any issues relating to sport. The Sports Director/Coordinator are available at interval, lunchtime and after school.

If a parent has any questions regarding their child's sports team, your first point of contact is the following:

Director of Sport: Gill Bloxham – bloxhamg@rutherford.school.nz

If my child is sick or injured and cannot attend a practice/game, who should we contact?

Your coach would be your first point of contact. Once your child has been allocated to a team, the coach will be required to give his/her details so the students are able to contact them. If you are unable to contact your coach, you are welcome to contact the Sports Department (by email) who will then pass the message on to the appropriate person.

Where can I obtain a copy of the season draw?

Each student/parent should supply an email address to the Sports Director/ Coordinator who, in return, will email draws out each week (or, if available, a season draw).

Draws will be posted on the Rutherford College website and Social media pages. Alternatively, you can access draws via the school app. [Click here for Android](#) or for [Apple](#) to download.

Remember to check the website regularly as draws can often be amended at short notice throughout the season.

If I cannot take my child to a game, who should I contact to arrange transport?

The school vans are used to transport students to their games where possible.

The school also relies on parent help and, if you are able to help with transport, please advise the Sports Director/Coordinator.

If you are unable to transport your child to the venue, other parents are often willing to help with this. Contact the Sports Department and we will try to assist you.

Is my child able to play social sports (as opposed to competitive sport) for the school?

Yes, Rutherford College recognises that students play sport for different reasons. The school is more than willing to enter a social team into the College Sport competition. The team is required to have a responsible adult associated with the team who is willing to accept the team manager responsibilities. In the past, we have entered social teams for football and netball.