



Westlake Boys High School
Te Kura Tuarua o Ngā Taitamatāne o Ururoto

International students'
**HOCKEY
PROGRAMME**

“
*Brotherhood –
all for one and
one for all*
”



WELCOME

Westlake Boys has built a proud tradition of success in a variety of sporting codes at local, regional, national and international levels.

The school's hockey teams compete in all Auckland and North Harbour inter-school competitions.

With a strong emphasis on resilience and character development, the programme offers a wide ranging, values based framework suitable for all ages and skill levels. Every student will have the opportunity to participate at the level they desire.

Our Sports Programme is built upon mutual respect for all, every interaction in our programme will respect the rights, dignity and integrity of all people involved, regardless of their gender, ability or cultural background.



“Own it, know who you want to be”

HOCKEY

Our hockey programme is one of the biggest and most successful in New Zealand. We currently have nine teams ranging from high performance to social levels. All teams are well resourced with equipment and high-level coaching. Three coaches have/are coaching at National League/championship level, which is the regional tournament where the NZ Teams are chosen from. Added to this, we have a specialist goalkeeper coach, and we use the HUDL video analysis software, which helps improve our students technically and tactically. HUDL allows us to analyse our own team and future opposition. Every student has access and can create a highlights package of the team or individual play. We add our international parents to this platform, so they can watch games a few hours later.

Our International students over the last 20 years have stayed with hockey playing families. The host families have sons in the programme, so travel to and from practices and games for students is relatively straight forward.

Most teams train once a week. The 1st XI and 2nd XI teams train at a first class facility which is less than a kilometre away. They also train twice a week in the school's strength and conditioning fitness centre all year round. Games are on Wednesday evenings during term 2 and 3. Most boys play club and regional hockey two or three times a week at the National Hockey Stadium, 7km away.

The strength and conditioning work is our point of difference. It helps create power in movement and produce very strong and agile athletes. This is led by a specialist who has professional sports team experience. Overall, we aim to have the best tactics, techniques and being the fittest and strongest on and off the ball. Our role is helping individual players reach their potential in hockey.

Instagram [@wbhshockey](#)

Facebook <https://www.facebook.com/wbhshockey/>

KEY DATES

- **Hamilton Boys Winter Exchange**
Tuesday 7th April – (at Westlake)
- **North Harbour Grades Begin**
Wednesday April 29th
- **Tauranga Boys Winter Exchange**
26 - 27th May (at Tauranga Boys)
- **Auckland Super City Competition begins**
Wednesday June 10th
- **Tanner Cup (Junior 1)**
August 31st - Sept 2nd
- **NZSS Ranking Cup (1st XI)**
August 31st - Sept 5th, North Harbour

ACADEMY OF SPORT

The Academy of Sport at Westlake Boys has the aspirational vision of developing our most promising young sportsmen to realise their potential in both sport and in life.

In years 9 and 10, the Academy has a broadbase catering for six sports and an Individual Athlete Programme (IAP). The IAP is for those students who display emerging talent in sports outside of the core team sports. In Year 9, the six sports available comprise of: Basketball, Cricket, Hockey, Football, Rugby and Rowing plus the IAP. In Year 10, an additional academy for distance running is introduced. Students will attend three dedicated Academy sessions a week delivering education in sports-specific skill development, and key aspects of performance culture. They will also be exposed to an extensive Strength and Conditioning programme focused on fundamental movement skills.

From Year 11 through to Year 13, the Academy of Sport focus shifts to supporting a curriculum-based approach suitable for those students wishing to pursue their passion for sport. Students will continue to engage in Strength and Conditioning whilst being introduced to a unique selection of Achievement Standards. This cross-curricular focus will allow students to gain credits and further their understanding of sport, nutrition, psychology and society – all taught through the context of sport. Key outcomes of the Academy are confidence, leadership and resilience.

The opportunity for Academy students to train with highly qualified coaches, throughout the school year, allows them to develop new skills and perfect existing ones. It also allows like-minded students to learn from each other and focus on building a potential career in sport. Academy of Sport students will often form the core of Westlake's merit teams as they progress through their school career thereby further contributing to a culture of excellence through sport.

Westlake Cares – Pastoral Care is paramount to us; we aim to create a sense of belonging knowing our students are safe, happy and engaged. We have a well-resourced International Department and provide first language support. Strong links to our students' families allow us to develop an understanding of each student's needs.



HOW TO APPLY

The Academy of Sport continues to thrive. The high demand for places, and the extremely high standard of applicants is indicative of the increasing awareness in the local community of what the Academy has to offer. However, pure sporting ability is not the only criteria for selection. There must be recognition from students that they demonstrate behaviours and attributes that align to Westlake's culture, and uphold standards of academic effort and focus in all subjects.

A separate application form must be completed during the enrolment process.

Please contact the International Department for further information: international@westlake.school.nz

CONTACT US

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