



# Co-Curricular Programme

2017



**KING'S**  
COLLEGE



“There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less.”

– Kurt Hahn

Mr. Graham Bruce founded King’s College in 1896 to provide “the best all-round education it is possible to obtain.”

King’s College does not just provide opportunities for students to achieve good academic results, but actively promotes the benefits of a wider curriculum to students.

Participation in these activities...

1. helps promote engagement with the King’s College values
2. provides a transformative experience through which students can prepare themselves to succeed in the many and varied roles they will undertake in future life.

Benefits include:

- A broad base of knowledge
- A desire to learn and understand
- A sense of one’s place in the global village
- An experience of other cultures/opinions/religions
- A desire to contribute, be an active citizen
- An awareness of inherent responsibilities
- An opportunity to be challenged
- A strong individual and communal identification
- An ability to effect change
- A respect for others

## Eight pillars

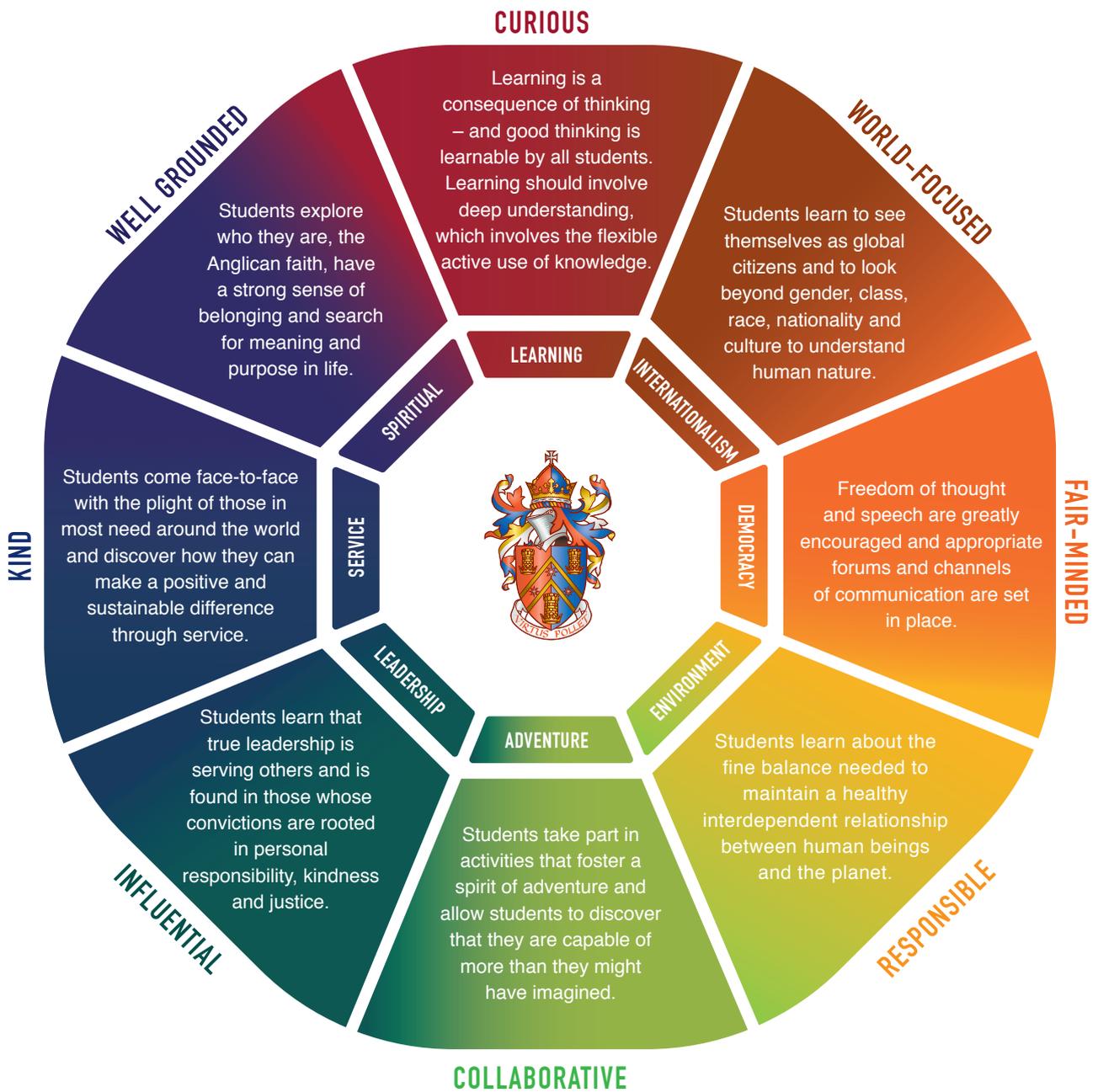
The King’s College curriculum is based on eight pillars that help foster the development of students.

1. Learning → curious
2. Internationalism → world-focused
3. Democracy → fair-minded
4. Environment → ecologically responsible
5. Adventure → collaborative
6. Leadership → influential
7. Service → kind
8. Spiritual → well-grounded



“Education must enable young people to effect what they have recognised to be right, despite hardships, despite dangers, despite inner skepticism, despite boredom, and despite mockery from the world.”

– Kurt Hahn



"I regard it as the foremost task of education to insure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self denial, and above all, compassion."

– Kurt Hahn

Students are encouraged to make the most of the opportunities on offer. However it is important that they choose the activities they will get involved in carefully so that they don't end up over committing themselves. They should keep in mind the following guidelines:

- Academic work is the major priority. Students need to be organised so that activities have minimal impact on their academic work.
- Try and keep a balanced portfolio of activities rather than specialising too early.
- Don't over commit by doing too many activities.
- Stretch yourself at some stage by trying something you would not normally do.

# Student responsibilities

- When a student commits himself or herself to an activity at the start of the season, they are obliged to maintain that commitment for the whole season.
- Students representing the College must wear the correct uniform and safety equipment at all times. No variations are acceptable and no other garments should be visible underneath the uniform except where approved by the College.
- Students are expected to uphold the good reputation of the College, both off and on the field, or at outside venues.
- Students are expected to attend all relevant practices, matches, performances and team meetings and any other appropriate activity on time. If students cannot attend a performance, practice or match, they are expected to make every effort to contact the teacher in charge prior to the event. When making appointments or other personal arrangements, you must endeavour to avoid meeting, practice and game times. Once you commit yourself to a team you must show loyalty to the team and make it a priority. If necessary make some sacrifices for the team, even if it does not suit you.
- All teams are expected to dress correctly and be neat and tidy at all times.
- All students will adhere to the principles of Fair Play and Sportsmanship which includes always respecting your opponents and the officials, playing hard and fair within the rules.
- Students are encouraged to watch school sport and cultural activities when they are not participating.
- Where appropriate, students who are injured will be expected to support the sporting and cultural codes.
- Students are actively encouraged to maintain traditions that indicate appreciation of the opposition and/or officials at the end of the match including the shaking of hands and a team cheer.
- It is the responsibility of all players to thank the opposition, the opposition coach and the game officials at the end of the game.

# Parent responsibilities

## Supportive parents

- Enjoy the involvement of their child in his or her chosen activity. It shouldn't be a stress but a character building experience for all involved and something that can be shared together from playing, watching and talking about it.
- Appreciate what the activity is doing for their child – from social confidence all the way through to a podium.
- Consider the time and financial cost as an investment in your child's development, health and well being.
- Allow a child to think for themselves, encouraging and motivating when required.
- Ensure they are a healthy role model on the sideline.
- Adhere to the principles of Fair Play and Sportsmanship, which includes always respecting the opponents and the officials.

# Compulsory aspects

## Years 9, 10 & 11

Will be required to choose a minimum of two activities (one from each of the compulsory option columns) on the list provided in this booklet.

- Select at least one activity from Column A and at least one different activity from Column B.
- Selection for some activities are by audition or trial only so you can select it but that does not guarantee you will get into that activity. If you miss out we will endeavour to find you an alternative activity.
- Choose your two or more activities carefully as once you have been selected for that activity you will be expected to attend all practices, performances and competition events. This includes activities scheduled in Term Four.

## Year 12

Will be required to choose a minimum of one activity from the compulsory option column on the list provided in this booklet.

- Select at least one activity from Column A.

- Selection for some activities are by audition or trial only so you can select it but that does not guarantee you will get into that activity. If you miss out we will endeavour to find you an alternative activity.
- Choose your two or more activities carefully as once you have been selected for that activity you will be expected to attend all practices, performances and competition events. This includes activities scheduled in Term Four.

## Year 13

Have no compulsory option aspect and can choose any of the activities on the list.

- Selection for some activities are by audition or trial only so you can select it but that does not guarantee you will get into that activity. If you miss out we will endeavour to find you an alternative activity.
- Choose your two or more activities carefully as once you have been selected for that activity you will be expected to attend all practices, performances and competition events. This includes activities scheduled in Term Four.

## Trials and auditions

It is important to note that selection for some activities is by audition or trial only. You can select it, but that does not guarantee that you will get into that activity. If you miss out we will endeavour to find you an alternative activity.

Choose your activities carefully as once you have been selected for an activity or team you will be expected to attend all practices, performances and competition events. This includes activities scheduled in Term Four.

## Additional activities

Students are allowed to take part in more than one sport or cultural activity during the same season, although they will need to seek permission from the Head of Culture, Music or Sport to check that they are happy with the extended level of commitment.

YEAR 9	Compulsory for all students	A Compulsory option 1 (select at least one activity from this column)	B Compulsory option 2 (select at least one activity from this column)	Optional	House competitions (if chosen by House Captains)
<b>Learning</b> (see the Courses of Study Guide)	Art, Digital Literacy, English, Financial Education, Health, Latin (for some), Maths, French/Spanish, Music, P.E., Pos. Ed., Science, Social Studies, Technology, Māori				
<b>Internationalism</b>				Student exchange (2 weeks), Junior Round Square Conference, King's Overseas Tours	
<b>Democracy</b>				Round Square committee Model United Nations	
<b>Environment</b>	Yr 9 Stream restoration			Recycling programme, Beehive project	
<b>Adventure</b>	House Cross Country Big House Music	Athletics, Archery, Cricket, Clay Target, Golf (handicap required), Orienteering, Summer Golf Academy, Rowing, Performance Swimming, Swimming, Sailing, Tennis, Water polo  Inter-school Debating, Glee club, Kapa Haka, Writing club  Boys' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert Band, Premier Concert Band, Little Big Band	Badminton, Basketball, Cross Country, Cycling, Football, Hockey, Rugby, Squash, Winter Golf Academy, Performance Swimming, Winter Swimming  Inter school Debating, Junior Production, Theatre Sports, Writing Club  Boys' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert Band, Premier Concert Band, Little Big Band, Rock Bands	Equestrian, Learn to sail, Skiing, Touch, Triathlon  Backstage crew, Costumes, Chess, Toastmasters, Instrument & Vocal lessons, Speech & Drama lessons  Blues Band, Chamber Group, Chapel Band, Late Night Jazz  Maths Olympiad, Theatre Club  Italian, Mandarin, Arabic or Russian after school classes Music after school theory classes	Archery, Athletics, Badminton, Basketball, Cricket, Golf, Hockey, Orienteering, Rowing, Rugby, Sailing, Football, Squash, Swimming, Tennis, Touch, Water polo  Small House Music Debating Chess
<b>Leadership</b>	Introduction to Leadership module				
<b>Service</b>				IHC Homes, Rest Home visiting Day Care centre	
<b>Spiritual</b>	2x Weekly Chapel Services, 1x House service per term (Terms 1, 2 & 3)			Voyager in Term 4. Bible Study	

Activities are limited in the number of students they can take. Activities that will incur extra costs.

YEAR 10	Compulsory for all students	A Compulsory option 1 (select at least one activity from this column)	B Compulsory option 2 (select at least one activity from this column)	Optional	House competitions (if chosen by House Captains)
<b>Learning</b> (see the Courses of Study Guide)	Computer Studies, English, Health, Latin (for some), Maths, French or Spanish, PE, Pos Ed, Science, Social Studies, Māori			Art, Ext French, Ext Latin, Ext Spanish, Ext Māori, Financial Ed, Music, Technology	
<b>Internationalism</b>				Student exchange (2 weeks), Junior Round Square Conference, King's Overseas Tours	
<b>Democracy</b>				Round Square committee Model United Nations	
<b>Environment</b>				Recycling programme Beehive project	
<b>Adventure</b>	House Cross Country  Big House music  Year 10 Adventure Challenge  Bronze Duke of Edinburgh	Athletics, Archery, Cricket, Clay Target, Golf (handicap required), Orienteering, Summer Golf Academy, Rowing, Performance Swimming, Swimming, Sailing, Tennis, Internal Tennis, Water polo  Inter-school Debating, Glee club, Kapa Haka, Writing club  Boys' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert Band, Premier Concert Band, Little Big Band	Badminton, Basketball, Cross Country, Cycling, Football, Hockey, Rugby, Squash, Winter Golf Academy, Performance Swimming, Winter Swimming  Inter school Debating, Junior Production, Theatre Sports, Writing Club  Boys' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert Band, Premier Concert Band, Little Big Band, Rock Bands	Equestrian, Learn to sail, Skiing, Touch, Triathlon  Backstage crew, Costumes, Chess, Toastmasters, Instrument & Vocal lessons, Speech & Drama lessons  Blues Band, Chamber Group, Chapel Band, Late Night Jazz  Maths Olympiad, Theatre Club  Italian, Mandarin, Arabic or Russian after school classes Music after school theory classes	Archery, Athletics, Badminton, Basketball, Cricket, Golf, Hockey, Orienteering, Rowing, Rugby, Sailing, Football, Squash, Swimming, Tennis, Touch, Water polo  Small House Music Debating Chess
<b>Leadership</b>					
<b>Service</b>	Reading in Schools			IHC Homes, Rest Home visiting, Day Care centre	
<b>Spiritual</b>	2x Weekly Chapel Services, 1x House service per term (Terms 1, 2 & 3)			Voyager Confirmation Bible study	

Activities are limited in the number of students they can take. Activities that will incur extra costs.

YEAR 11	Compulsory for all students	A Compulsory option 1 (select at least one activity from this column)	B Compulsory option 2 (select at least one activity from this column)	Optional	House competitions (if chosen by House Captains)
<b>Learning</b> (see the Courses of Study Guide)	English, Mathematics			Plus 4 of: Accounting, Biology, Business Studies, Chemistry, Classical Studies, Computer Science, Divinity, Drama, Economics, French, Geography, History, History of Art, Latin, Media Studies, Music, PE, Physics, Science, Spanish, Technology, Māori, Visual Art	
<b>Internationalism</b>				Student exchange (8 week), King's Overseas Tours	
<b>Democracy</b>				Round Square committee, Model United Nations	
<b>Environment</b>				Recycling programme Beehive project	
<b>Adventure</b>	House Cross Country Big House music	Athletics, <b>Archery</b> , Cricket, Clay Target, Golf (handicap required), Orienteering, Summer Golf Academy, <b>Mixed Volleyball</b> , Rowing, Performance Swimming, Sailing, Tennis, <b>Internal Tennis</b> , Water polo  Inter-school Debating, <b>Glee club</b> , Kapa Haka, <b>Writing club</b>  Boys' Choir, Girls' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert band, Premier Concert band, Little Big Band	Badminton, <b>Basketball</b> , Cross Country, Cycling, Football, Hockey, Rugby, Squash, <b>Winter Golf Academy</b> , Performance Swimming, Winter Swimming  Inter school Debating, Senior Production, Theatre sports, <b>Writing club</b>  Boys' Choir, Girls' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert band, Premier Concert band, Little Big Band, Rock Bands	Equestrian, Learn to sail, Skiing, <b>Touch</b> , Triathlon  Backstage crew, Costumes, Chess, <b>Toastmasters</b> , Instrument & Vocal lessons, Speech & Drama lessons  Blues Band, Chamber Group, Chapel Band Late night jazz  <b>Bronze/Silver Duke of Edinburgh</b> , Maths Olympiad, Theatre Club  Italian, Mandarin, Arabic or Russian after school classes Music after school theory classes	Archery, Athletics, Badminton, Basketball, Cricket, Golf, Hockey, Orienteering, Rowing, Rugby, Sailing, Football, Squash, Swimming, Tennis, Touch, Water polo  Small House music, Debating, Chess
<b>Leadership</b>	Module on Leadership "Leadership in school" Seminar				
<b>Service</b>				IHC Homes, Rest Home visiting, Day Care centre, Refugee Centre, Special Olympics assistance, Rag Fairies for SPCA	
<b>Spiritual</b>	2x Weekly Chapel Services, 1x House Service per term (Terms 1, 2 & 3)			Voyager, Confirmation, Bible Study	

Activities are limited in the number of students they can take. Activities that will incur extra costs.

YEAR 12	Compulsory for all students	A Compulsory option 1 (select at least one activity from this column)	Optional	House competitions (if chosen by House Captains)
<b>Learning</b> (see the Courses of Study Guide)	English		Plus 4 of: Accounting, Biology, Business Studies, Chemistry, Classical Studies, Computer Science, Divinity, Drama, Economics, French, Geography, History, History of Art, Latin, Maths, Media Studies, Music, PE, Physics, Science, Spanish, Technology, Māori, Visual Art	
<b>Internationalism</b>			Student exchange (8 week) International Round Square Conference King's Overseas Tours	
<b>Democracy</b>			Round Square committee Model United Nations	
<b>Environment</b>			Recycling programme Beehive project	
<b>Adventure</b>	House Cross Country Big House music	Athletics, <b>Archery</b> , Cricket, <b>Clay Target</b> , <b>Fitness For Life</b> , Golf (handicap required), Orienteering, <b>Summer Golf Academy</b> , <b>Mixed Volleyball</b> , Rowing, Performance Swimming, Swimming, Sailing, Tennis, Water polo  Badminton, <b>Basketball</b> , Cross Country, Cycling, Football, Hockey, Rugby (Boys), Squash, <b>Winter Golf Academy</b> , Netball (Girls)  Inter-school Debating, <b>Glee Club</b> , Kapa Haka, Senior Production, Stage Challenge (odd years only), <b>Writing Club</b>  Boys' Choir, Girls' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert Band, Premier Concert Band, Little Big Band, Rock Bands	Equestrian, Learn to sail, <b>Skiing</b> , <b>Touch</b> , Triathlon  Backstage crew, Costumes, Chess, <b>Toastmasters</b> , Instrument & Vocal lessons, <b>Speech &amp; Drama lessons</b> , <b>Theatre Club</b> , <b>Make-up</b>  Blues Band, Chamber Group, Chapel Band, Late Night Jazz  <b>Bronze/Silver Duke of Edinburgh</b> , <b>Maths Olympiad</b> , <b>Theatre Club</b>  Italian, Mandarin, Arabic or Russian after school classes Music after school theory classes  Young Enterprise Scheme	Archery, Athletics, Badminton, Basketball, Cricket, Golf, Hockey, Orienteering, Rowing, Rugby, Sailing, Football, Squash, Swimming, Tennis, Touch, Water polo  Small House Music Debating Chess
<b>Leadership</b>	3 day Leadership courses, Year 12 Leadership Seminars		Leadership selection courses, sports coaching, refereeing	House Leadership programme
<b>Service</b>			IHC Homes, Rest Home visiting, Day Care centre, Refugee Centre, Special Olympics assistance, Rag Fairies for SPCA, Women's Refuge, Homework programme, Middlemore reception	
<b>Spiritual</b>	2x Weekly Chapel Services, 1x House Service per term (Terms 1, 2 & 3)		Voyager & Lent Group, Confirmation, Bible Study	

Activities are limited in the number of students they can take. Activities that will incur extra costs.

YEAR 13	Compulsory for all students	Optional	House competitions (if chosen by House Captains)
<b>Learning</b> (see the Courses of Study Guide)	None	Plus 4 of: Accounting, Biology, Business Studies, Chemistry, Classical Studies, Computer Science, Divinity, Drama, Economics, English, French, Geography, History, History of Art, Latin, Maths, Media Studies, Music, PE, Physics, Science, Spanish, Technology, Māori, Visual Art	
<b>Internationalism</b>		Student exchange (8 week) International Round Square Conference King's Overseas Tours	
<b>Democracy</b>		Round Square committee Model United Nations	
<b>Environment</b>		Recycling programme Beehive project	
<b>Adventure</b>	House Cross Country Big House music	Athletics, <b>Archery</b> , <b>Clay Target</b> , Cricket, <b>Fitness for Life</b> , Equestrian, Golf (handicap required), Orienteering, <b>Rowing</b> , Swimming, <b>Performance Swimming</b> , Sailing, <b>Tennis</b> , Triathlon, Water polo, <b>Touch (boys &amp; girls)</b>  Badminton, <b>Basketball (Boys)</b> , Cross Country, Cycling, Football, Hockey, Netball (Girls), Rugby (Boys), <b>Skiing</b> , Squash, <b>Winter Golf Academy</b> , Winter Swimming  Inter-school Debating, <b>Kapa Haka</b> , <b>Writing Club</b> , Chess, <b>Theatre Club</b> , <b>Speech &amp; Drama Lessons</b> , <b>Toastmasters</b> , Writing Club, Young Enterprise Scheme  <b>Glee Club</b> , <b>Senior Production</b> , Stage Challenge (odd years only), Backstage Crew, Costumes, Make-Up  Boys' Choir, Girls' Choir, Chapel Choir, Symphony Orchestra, String Orchestra, Burtones, Concert Band, Premier Concert Band, Little Big Band, Rock Bands, Blues Band, Chamber Group, Chapel Band, Late Night Jazz, <b>Instrument and Vocal Lessons</b>  <b>Silver/Gold Duke of Edinburgh</b>  Italian, Mandarin, Arabic or Russian after school classes Music after school theory classes	Archery, Athletics, Badminton, Basketball, Cricket, Golf, Hockey, Orienteering, Rowing, Rugby, Sailing, Football, Squash, Swimming, Tennis, Touch, Water polo  Small House music Debating Chess
<b>Leadership</b>	Mentor	Senior & School Prefect, positions of responsibility, leadership of sports teams, leadership selection courses, sports coaching, refereeing	House Leadership opportunities
<b>Service</b>		IHC Homes, Rest Home visiting, Day Care centre, Refugee Centre, Special Olympics assistance, Rag Fairies for SPCA, Women's Refuge, Homework programme, Middlemore reception	
<b>Spiritual</b>	2x Weekly Chapel Services, 1x House Service per term (Terms 1, 2 & 3)	Voyager & Lent Group, Confirmation, Bible Study	

Activities are limited in the number of students they can take. Activities that will incur extra costs.

# Activity descriptors



## Learning

### Courses of Study guide

The selection of academic subjects is complicated and a Courses of Study Guide is available to help students make their academic subject choices. Subject choices are usually made in term three for the following year. Information will be sent out to parents at the appropriate time.

### Club languages

After school classes are available for Italian, Mandarin, Arabic and Russian. These will take place in three eight week blocks over terms one, two and three. Classes will occur on two or three late afternoons per week. These classes will be open to students, staff and parents and will be run subject to a minimum enrolment.

### Instrument and vocal lessons

King's College students are able to learn a wide variety of instruments or develop their singing in individual lessons from professional musicians and teachers. These lessons take place at a mutually agreed time, with most occurring during the academic day. There is a fee associated with this activity to cover the cost of tutoring. Small group tuition in music theory is also available.

### Olympiads

Subjects such as Biology, Physics and Mathematics offer tutoring to the very top students for entry into the National and International Olympiad competitions.

### Young Enterprise Scheme

The Young Enterprise Scheme (YES) gives Year 12 and 13 students an opportunity to set up their own company, create real products/services, write and implement a business plan and make profit/loss. They will learn through experience teamwork, communication, problem solving, negotiation and decision making. YES operates February - October each year. Students will be expected to attend weekly meetings and make a commitment to fully participate.



# Internationalism

## Round Square conference

Each year a delegation of six students attend the Regional Junior Round Square conference (Yr 9, 10, 11, usually in April holidays) or the International Round Square Conference (Yr 12, 13, usually in the October holidays). There is a fee for the conference and expenses also include airfares to the conference.

## Student exchange

There are opportunities for student exchanges with overseas schools. Year 9 and 10 can do two week exchanges with schools in Australia. Year 11, 12 and 13 can do longer exchanges of around 8 weeks with schools further afield. King's has had student exchanges with schools in Paris, Japan, Peru, and India. The hosting and any costs of the exchange are the responsibility of the student.

## Tours

King's offers a number of tours to overseas destinations. Tours take place during school holidays. These can be Learning, Adventure or Service related. The major tours tend to occur every second year. Keep an eye out for announcements of Tours occurring this year and next. Previous tours include:

### Commerce

For those in Year 12 and 13 studying Accounting, Economics or Business Studies. The tour takes place in the April Holidays. It provides an insight into the global aspects of students' international and national courses. Possible destinations may include Vietnam, Laos, Cambodia, Japan and Taiwan.

### Classics & Art History

A tour of Greece and Italy in the April holidays for Year 12 and 13. The itinerary covers the art, architecture, literature and cultural contexts studied in the syllabuses of Y12 and 13 NCEA and CIE curricula of these two subjects.

### Design & Technology

Year 12 and 13 students get a chance to visit four major centres of design, photography, architecture and art excellence in the USA during the April Holidays.

## History

Taking place in the July holidays, the History tour is for senior students doing the A level History (European and International) course. Important sites through Europe that had significance in World War II and the Cold War are visited.

## Tonga/St. Andrews

An opportunity to serve others, the Chapel organises a group of Year 13 students to travel to Tonga to stay with students from St Andrews school. Students interact with and help the students and staff at the school. The trip takes place in the July holidays.

## Antipodeans

Travel to an exotic location such as Ecuador. This three week trip for year 12 and 13 students is not for the faint hearted. It combines Adventure, Service, leadership and Tourism. Students are heavily involved in the organising and decision making before and during the trip. The trip involves an expedition (often a tramp) and community service element (often at an under privileged school). Timing of the trip is usually after senior exams in December.

## New Caledonia Homestay

A linguistic, cultural homestay experience for Year 9 -11 French students, taking place in October. It includes sightseeing and cultural activities and is an opportunity for students to improve their French.



## Democracy

### Round Square Committee

A committee is formed each year for each of the Round Square Pillars: Internationalism, Democracy, Environment, Adventure, Leadership, Service. The aim is to meet regularly through the year and organise opportunities to promote each pillar. These committees are student led.

### Model United Nations

Model United Nations is a chance for students to get their heads around world politics, each student being allocated a country, while engaging in debate. MUN events occur on a couple of weekends and selection for the National or even International MUN conference is possible.

# Environment

## Recycling Programme

Students can be involved in the school recycling programme, promoting and administering recycling of paper and waste within the school.

## Mackay Trail

The Mackay trail runs along the edges of the property through areas of regenerated bush and along side a stream. Students can help by planting trees and bushes, clearing weeds and maintaining the track.

## Other

Various other environmental activities occur throughout the year and could include: waste separation station in the quad, bird survey and monitoring, solar project with Genesis Energy, butterfly garden – planting and monitoring survey, frogs at Kings – spawn and release, planting of native trees and shrubs, energy audit – champion the cause to reduce energy use across the College.



# Adventure

## Summer Sports

### Athletics

Students compete in Term One and Four. Selection for the squad to compete at Auckland Zone, Greater Auckland, North Island and National level is based on results at House Athletics. Students who opt for Athletics as one of their compulsory options will also be required to run on Wednesday evenings in Term One and Four at the Auckland City Athletics competitions that are held at Mount Smart.

### Archery

Archery is a summer sport conducted during Terms One and Four. Those who are selected for the teams after trials are expected to practice twice a week and will have regular weekly inter-school competitions on Wednesdays and Saturdays. There are limited places available.

### Clay Target

Clay Target Shooting takes place in Terms One, Two and Three. King's College has enjoyed considerable success at this sport. Places for the sport are limited and students need to own their own gun and be licensed. Students are expected to attend at least one practice session

per week. The King's College team shoots at various different competitions during the year.



## **Cricket**

King's has a long and proud tradition in schoolboy cricket. The 1st XI has won the prestigious Gillette National Cup on five separate occasions, including back-to-back titles in 2010 and 2011. Cricket is played in Terms One and Four. Commitment involves a minimum of two practices a week and a match on Saturday. The higher level teams have more training sessions including a strength and conditioning component, and longer Saturday games.

## **Equestrian**

The College offers the opportunity for students who already follow the sport to take part in Auckland Secondary Schools' Equestrian events as well as the Inter Collegiate One Day Event, the North Island Secondary Schools' Horse Trial Championships and various other competitions.

## **Fitness for Life**

Senior students will train in different group fitness activities (circuit training, Crossfit etc) for a minimum of two structured sessions per week. This is a great activity to learn about and to experience different Physical fitness activity options for later in life.

## **Golf Team**

Practices are held at the Auckland Golf club adjacent to the school. Only competitive Golfers should apply and as such should already have a handicap.

## **King's Golf Academy**

This is an activity available to all students. Summer Golf Academy will run during Terms One and Four, Winter Golf Academy during Terms Two and Three. Students will be expected to attend two coaching/course play sessions per week. Due to exam leave in Term Four, students in Years 11, 12 and 13 can opt for Term One only of the Summer Academy.

There will be a cost of \$800 per block (Term One and Four or Term Two and Three) to be in this group. However this includes two hours of professional coaching each week. Students will also be required to have a RAGC Junior Membership (\$358 per annum).

## **Orienteering**

King's College orienteering teams compete throughout the year in the Auckland Secondary Schools' series in a variety of locations around Auckland such as Woodhill Forest near Muriwai, One Tree Hill and the

Auckland Domain. Skilled athletes also have the opportunity to compete in the North Island and National Championships Orienteering.

## Rowing

The Rowing season runs in Term Four and One, with pre-season activities in Term Three. Rowing has a very high training workload associated with it, with attendance required at multiple sessions each week. The highlight of the season is the Maadi Cup regatta either at Lake Karapiro or Twizel. There is an extra fee associated with rowing to help cover costs.

## Sailing

Sailing is offered to students of all abilities in Term One with some limited sailing in Term Four. Students sail in a variety of craft and both competitive and learn-to-sail programmes are offered. The College sailing programme is managed by the Royal Akarana Yacht Club and student sailors pay a fee for the professional tuition provided.



## Performance Swimming

For competitive level swimmers and students who aspire to swim in competitions, King's offers a rigorous training programme comprising of six sessions each week, both before and after school. Training involves both water-based and land-based components. Swimmers who are not affiliated to a club will be able to swim under the guise of the King's School club to allow them to swim in club competitions (membership fee applies). There is an extra fee associated with swimming to help cover costs of coaching and external facility hire.

## Tennis

King's College enters a large number of teams in the Auckland Secondary Schools' competition each year. The College employs several professional tennis coaches to assist with coaching, most notably King's Old Collegian and ex-Davis Cup player Mark Nielsen. Commitment involves a minimum of two trainings a week and a game on Saturday morning.

## Touch

King's currently fields three teams – a Senior and a Junior Boys' team and a Girls' team. Teams are selected by trials and numbers for the squads are limited, with competition for places fierce.

## Triathlon/Duathlon

Triathletes compete at a number of Inter-school events in Terms One and Four. Training involves two days a week and participation in several events over the year.

## Water polo

Water Polo is one of the most popular summer sports at King's. In recent years the school programme has experienced a fair degree of success with several boys being named in NZ representative teams. There are a minimum of two trainings per week either before or after school, and first team players may train up to four sessions per week. Senior matches are played in Term One on Friday evenings and Sunday afternoons. Juniors have three Saturday afternoon tournaments in Term One and play Friday evenings and Sunday afternoons in Term Four.



## Winter Sports

### Badminton

Badminton is played in Terms Two and Three. The College runs teams at all levels and these teams compete in the Auckland Secondary Schools Championships. Students are required to attend two trainings per week and play in a match on a weekday after school.

### Basketball

Boy's Basketball is played in the Winter during Terms Two and Three. The College runs teams in three age group categories: U19 boys, U17 Boys and U15 boys' grades. A Girls' team is also run at U19 level. Places are limited. Trainings are either before or after school, with matches typically on a Tuesday or Thursday night.

### Cross Country

The King's College Cross Country programme begins after the North Island Secondary Schools Track and Field Championships that take place towards the end of Term One. The expected training commitment is three sessions per week with the coach, and then two further running sessions in students own time. The Cross Country team enters various events throughout the year including the NZ Secondary Schools National Cross Country Championship.

### Cycling

Cycling is a winter sport at King's College taking place during Terms Two and Three. Students involved in cycling are expected to train twice a week with the coaches, and also undertake further training sessions by themselves. Riders in the senior squad attend three sessions per week

plus additional individual training. The King's cycling team competes in the Auckland Secondary Schools Time Trial series and also enters other big events including the North Island and National Championships. There is a small cost associated with cycling to cover coaching and other associated expenses.

## **Football**

Football is played in Terms Two and Three, with the College regularly entering nine boys' teams and either one or two girls' teams into the Auckland Secondary Schools' competition. Students will have two training sessions per a week and a game on Saturday morning. Students in senior teams will have additional training sessions each week and will also be expected to complete a strength and conditioning component of training.

## **Hockey**

Hockey is one of the College's most successful winter sports. King's College has won the prestigious National Rankin Cup Tournament in 1999, 2005, 2011 and 2012 and regularly places in the Top Four teams. Players will have at least two practices a week and a game on a weekday evening. Students in senior teams will have additional training sessions each week and will also be expected to complete a Strength and Conditioning component of training.

## **Netball**

Netball is a popular sport for girls at King's College and is played in Terms Two and Three. The College enters up to six teams in the Auckland Netball Association competitions with teams training twice a week and playing matches on Saturday morning at the new Morrin Road Courts in Glen Innes. Students in senior teams will have additional training sessions each week and will also be expected to complete a Strength and Conditioning component of training.



## **Rugby**

Rugby (Boy's only) has a long and successful tradition at King's College. The popularity of rugby is testament to the school's outstanding success over the years and our reputation as one of the leading Rugby schools in the Nation. Students will have at least two practices a week and a game on Saturday morning. Students in senior teams will have additional training sessions each week and will also be expected to complete a strength and conditioning component of training.

## Skiing

The College enters a ski team in the annual North Island Secondary Schools' Championships each year and has enjoyed considerable success. The College team regularly finishes in the top five teams and has won the national title on three occasions. The team for this event is selected after a pre-season trial held at Snow Planet. No school training commitment is required.

## Squash

Squash is played in Terms Two and Three. King's College usually fields two junior and two senior teams and a Girls' team. Students are expected to attend a training session each week and play in a match after school. Squash matches are generally on Monday and Friday after school, and it is possible for students to play squash in addition to another winter sport.



## Culture

### Backstage Crew

With three productions held each year, as well as two House music events (one held at Vector Arena) there are many exciting and very important roles to be fulfilled behind the curtain. Roles include: stage manager, backstage crew, lighting operator, sound operator and more. You need to be available Friday lunchtimes for training, set painting etc and have full commitment in the weeks leading up to productions.

### Costumes

No production would be complete without authentic costuming. Help source, create and manage the costumes involved in all the three major productions. You need to be available for all dress rehearsals and show nights, as well as some fittings prior to the production run.

### Chess

Challenge the mind with lunchtime chess. Be selected to compete at inter-school level. Chess runs from Term Two.

### Debating

King's competes in the Auckland Schools Debating competition. Auditions are held early in Term One for positions in the five grades: Junior Open, Premier Junior, Senior Open, Advanced Open and Premier Advanced. This competition runs in the evenings, fortnightly for Terms One to Three. Practices are held during Friday lunchtimes and other times by arrangement with your coach.

## Glee Club

Each year the Glee Club performs a musical at the end of Term One. Roles are gained through auditions at the end of the previous year. Rehearsals are after school until 6pm twice a week (Mondays and Fridays) and Sundays are also used. Our productions recently have included *Blood Brothers*, *Grease* and *Urinetown*. Depending on the production, a small Glee band is also formed by invitation. Glee club rehearsals clash with 10FEB and 10MAR camps, Kapa Haka and Maadi Cup.

## Junior Production

For students in Years 9 and 10. Roles are gained through audition. The Junior production takes place at the end of Term Three and allows young acting talent to emerge. Auditions are held at the end of Term Two. Rehearsals are held Mondays and Fridays after school as well as Sundays for the duration of Term Three.

## Make-up

The make-up crew look after all the make-up requirements of the three major productions; you need to be available for all dress and technical rehearsals, as well as for the production run. Training is often offered.

## Instrument and Vocal lessons

King's College students enjoy tutoring from a group of talented music professionals. There is an extra fee associated with this activity to cover the cost of tutoring. Tutoring takes place during the academic day.

## Kapa Haka

The Kapa Haka group competes in Division One at Polyfest and at important occasions throughout the year. Kapa Haka is boys only and trains during Term One. It is a considerable commitment with practices nearly every lunch time and after school, as well as Sundays. You can't be in both Glee Club and Kapa Haka as rehearsals clash.

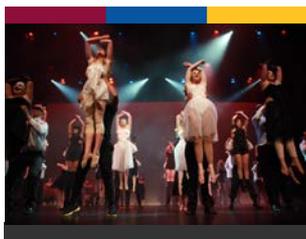
## Senior Production

Each year King's puts on a high quality production with actors from Years 11, 12 and 13. Roles are gained through audition and a limited number of places are available. The production takes place at the end of Term Two. Auditions are held at the end of Term One. Rehearsals are held Mondays and Fridays after school as well as Sundays for the duration of Term Two.



## Speech and Drama

Improve your confidence with Speech and drama lessons from an outside professional. Students work toward sitting the Trinity Guildhall examinations. Lessons take place during the academic day. There is a fee associated with this activity to cover the cost of tutoring. Study includes speech clarity and confidence, presentation techniques, listening skills and drama and verse speaking. Students may wish to focus solely on either drama or communication skills.



## Stage Challenge

King's enters the RAW division every odd year e.g, 2017, 2019, 2021 etc. Students take charge of all aspects of the production from the theme, choreography, music, lighting to costumes. The competition takes place at the end of Term Two. Students also wishing to sign up for Glee Club and/or the Senior Production need to be aware of possible rehearsal clashes.

## Theatre Club

Students subscribe to see a selection of seven plays over the course of the year. These are normally on weekday evenings.

## Theatre Sports

Students compete in fun games that require mental agility, a sense of humour and an ability to think on the spot. Teams compete in the Auckland competition. Practices are held every Friday lunchtime, so this activity clashes with debating.

## Toastmasters

Improve your ability and confidence when speaking in public. This is run in conjunction with the Toastmasters Association. The course runs for nine weeks during Term One, one day a week after school.

## Writing Club

This is the club for you if you enjoy writing. As well as regular meetings and visits from writers, this club puts out a regular publication called The Echo. They meet every Thursday after school.

## Music

### Choirs

#### Boys' Choir

An auditioned male voice choir. This group performs at a variety of different events through the year, including the annual Big Sing Competition and Music Showcase concert.

## Girls' Choir

An auditioned female voice choir. This group performs at a variety of different events through the year, including the annual Big Sing Competition and Music Showcase concert. Rehearsals are Thursdays, 5.35-6.45pm and Sundays before Chapel services.

## Chapel Choir

The Chapel Choir performs regularly at Chapel Services throughout the year providing music for worship. Open to all students. Rehearsals are Thursdays, 5.35-6.45pm and Sundays before Chapel services.



## Orchestras

### Symphony Orchestra

A full symphony orchestra that performs a variety of symphonic repertoire at a variety of events during the year, including the annual KBB Music Festival and Music Showcase concert. In Term One, 2017 Symphony Orchestra will be replaced with Production Orchestra and commence in Term Two. Rehearsals are Thursdays, 7.30-8.30am.

### String Orchestra

This group will perform a variety of repertoire written especially for string ensemble. This group will perform at a variety of different events through the year, including the annual KBB Music Festival and Music Showcase concert.

## Bands

### Premier Concert Band

This is a smaller, auditioned Concert Band that rehearses weekly from Terms One to Three and performs more advanced music at the KBB Music Festival and Music Showcase. Rehearsals are Mondays, 3.30-5.00pm.

### Concert Band

The Concert Band is a non-auditioned concert band, catering for younger wind, brass and percussion players, and those who wish to perform in a group for enjoyment. The concert band rehearses weekly from Terms One to Three and performs music ranging from Broadway shows, traditional concert band repertoire and adaptations of popular music. Rehearsals are Tuesdays, 7.30-8.30am.

### Little Big Band

An auditioned traditional Stage Band that performs a range of Big Band standards, including swing, latin, funk and ballad styles. This group

performs at KBB Music Festival and Music Showcase. Rehearsals are Wednesdays, 7.30-8.30am

## **Chamber Group**

Students are able to sign up for a variety of groups, which are put together based on students' instruments and ability. Groups have included Saxophone Quartets, Piano Trios, a Trombone Quartet and mixed ensembles. Chamber Groups perform at a variety of events, including in the National Chamber Music Competition.

## **Burtones**

The Burtones is a directed band of senior students focusing on popular repertoire. They have weekly rehearsals and prepare for a variety of performances throughout the year. Rehearsals are Wednesdays, after school.

## **Blues Band**

The Blues Band is a directed band, catering for students from Year 9 to 11 with a focus on popular repertoire and improvising. They have weekly rehearsals and prepare for several performances throughout the year. Rehearsals are Mondays, 7.30-8.30am.

## **Rock Bands**

Rock Bands are put together based on students' instruments and ability. They have weekly rehearsals and prepare for performances throughout the year include at the Smokefree Rockquest and the annual History of Rock concert in Term Four.

## **Late Night Jazz**

An auditioned group which performs a range of jazz standards at various school and external events throughout the year, including The Headmaster's Garden Party, Fine Art Sale, Dinner Dance and Music Showcase.

## **Chapel Band**

The Chapel Band perform at Chapel Services throughout the year, providing music for worship.

## **Other**

### **Adventure Challenge**

In Year 10, classes go on a four week experience that aims to lead them on a journey of self discovery, pushing or impelling them to go further than they believe possible, beyond perceived physical, mental and emotional limits. This will enhance their belief in their own capabilities...



developing capacities of mind, body and spirit. Their Journey starts with nine days at our Outdoor camp at Ahuroa where students learn to work together, what it takes to be a team and the basic skills needed to survive in the Outdoors. They then embark on a six day voyage on the Round-the-World maxi yacht Steinlager II, sailing out to Great Barrier, the Mercury Islands or the Bay of Islands. The month culminates in a final phase of the journey where all that the students have learnt is put into practice as they are tested over 11 days in the Tongariro National park.

## **Duke of Edinburgh**

The Duke of Edinburgh Scheme is a well established, internationally recognised qualification that requires competency across Adventure, Skill, Service and Physical activity. Y10 students are automatically entered for Bronze level but it is up to them to ensure they get each strand signed off. Silver and Gold awards are optional and there is a small fee covering the cost. The Gold award also has a residential component. The Gold award is presented by the Governor General at Government House.

## **Spirit of New Zealand**

Several berths are available each year for King's students to do a ten day sailing voyage on the Spirit of New Zealand. These are ideally for senior students looking to complete their Gold Duke of Edinburgh.



# **Leadership**

## **Year 9**

Students do an 'Introduction to Leadership' module.

## **Year 10**

Students take part in an Adventure Challenge that gives them leadership opportunities in the Outdoors.

## **Year 11**

Students attend a 'Leadership in school seminar' and take a leadership module. Houses also involve students in a House leadership programme.

## **Year 12**

Students take part in a 3 day Leadership course, attend leadership seminars. Houses take students away for a leadership weekend.

Leadership opportunities exist with coaching of sports teams or cultural groups, including refereeing or adjudicating.

## Year 13

Some students will get appointed as Senior and School prefects, House leaders with positions of responsibility, captains of Sports teams or Cultural groups. Leadership opportunities exist with coaching of sports teams or cultural groups, including refereeing. House Competitions allow opportunity for students to try and lead their House to victory.



## Service

### Rest Home Visiting

Students spend an hour at local Rest Homes talking and playing games with residents.

### Day Care Centres

Students spend an hour at Day Care Centres interacting with children and helping with games, puzzles activities or homework.

### Refugee Centre

Students help tutor in the AUT section of the Refugee centre or play volley ball and football with the residents.

### Special Olympics Assistance

This takes place in Term One and Four and seniors are given priority. Students work in pairs with small groups of athletes helping them with specific field, track or other fitness activities.

### Homework Programme

Senior students help Primary School students with homework in the Centennial Centre Library one night a week.

### Women's Refuge

Senior students visit and help at St Mary's Preschool or Granger Grove one or two nights a week.

### Middlemore Reception

Senior students work at the Middlemore Hospital Reception desk from 4.00pm to 8.00pm. Training is required for this Community Service.

## Rag Fairies for SPCA

This Community Service is based at King's. Senior students make toys from rags for the animals' enrichment in their cages.

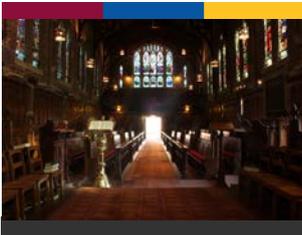
## Reading in Schools

This is compulsory for Year 10, 12 and 13. Students go to four local Primary Schools and help with a peer reading programme.

## IHC Homes

Students spend an hour at IHC Homes talking and interacting with the residents.

The Community Service programme also offers one-off voluntary opportunities throughout the course of the year. These include such activities as collecting for charities, preparing and serving meals at Ronald McDonald House, collecting food for a Breakfast in Schools programme, organising and running the annual IHC Social and King's College Runathon, assisting at the Special Olympics Ribbon Day held at Kings, helping at the Otahuhu Fun Day and providing senior students to assist at a Visually Impaired weekend camp at Hunua.



## Spiritual

### Chapel

Students attend two Chapel services a week, held in the mornings before the start of school. Here they listen to the reading of a passage of scripture, listen to a short message, pray and sing hymns.

### Sunday Services

Each House attends one Sunday service a term during Terms One, Two and Three. Parents and families are warmly invited. In Term Four, two Carol Services are held to which all students, parents and friends are invited.

### Voyager

Voyager is a voluntary programme whereby students meet in groups after school and in the evenings to explore the Christian faith in the context of their own spiritual journey, and the big questions of life. A camp is held at the end of Term Three at Finlay Park, Cambridge.

## Confirmation

A Confirmation service is held at the end of Term Three for those students who wish to take this important step in their spiritual journey. They are required to take part in the Voyager programme in preparation for this.

## Lent Group

During Lent Year 12 and 13 students are invited to take part in a course that involves meeting in groups in the afternoons and evenings to explore related themes through the use of movie clips.

## Bible Study

A Bible study group meets once a week after lunch during Terms One, Two and Three.

## Other

Other activities run by the Chapel throughout the year include: KC Fun Run, Mufti days, World Vision Forty Hour famine, KC Idol, IHC Social, Sharing Shed.

