

HGHS SPORTS

2026 RUGBY HANDBOOK



Hastings Girls'
High School
Ngā Rau Huia o Ākina

Welcome to Sport at Hastings Girls' High School — Ngā Rau Huia o Ākina



Sport is an important part of life at Hastings Girls' High School, offering students opportunities to challenge themselves, build confidence, and connect with others. Whether competing at a high level or participating socially, sport plays a vital role in creating a sense of belonging and school pride.

We are proud of the wide range of sporting opportunities available to our students, and we encourage all girls to get involved. Through sport, students develop resilience, teamwork, leadership, and a commitment to something bigger than themselves.

At HGHS, sport is more than just participation—it is an extension of our values. We expect all students to demonstrate Whanaungatanga (building strong relationships), Kaitiakitanga (guardianship), Manaakitanga (supporting and uplifting others), Pono (integrity), and Whakautē (respect) in every training, game, and interaction. These values guide how we represent ourselves, our teams, and our school.

We also believe strongly in balance. Academic achievement remains our highest priority, and sport is a privilege that supports student wellbeing, engagement, and success at school. Students who represent HGHS are expected to attend school regularly, give their best in the classroom, and contribute positively to their team environment.

Sport at HGHS is a partnership between students, whānau, coaches, and staff. When we work together, we create positive experiences where students feel supported, challenged, and proud to wear our uniform.

We look forward to seeing our students embrace the opportunities ahead, give their best, and represent Hastings Girls' High School with pride.

Sports Overview

Hastings Girls' High School offers a wide range of sporting opportunities across the year, catering for students of all abilities and interests. Whether students are looking to compete at a high level or be involved socially with friends, there is a place for everyone in sport at HGHS.

Our sports programme runs across all four terms, with different sports offered seasonally. Major codes include rugby, netball, volleyball, basketball, football, hockey, badminton, touch rugby, waka ama, and kī o rahi, with opportunities to participate in both competitive and social teams.

Students have the opportunity to represent the school at a variety of levels, including local competitions, regional tournaments, and national events. Many of our teams also participate in exchange opportunities and Tournament Weeks, providing valuable experiences both on and off the field.

We are proud of the strong culture within our sports programme, where participation, commitment, and team spirit are valued just as highly as performance. Students are encouraged to challenge themselves, try new sports, and make the most of the opportunities available.

Further information about each sport, including season dates, training times, and registration details, can be found on the school website or by contacting the Sports Department.



Expectations of Students

Students who choose to be involved in sport at Hastings Girls' High School are representing themselves, their team, and the wider school community. We expect all students to:

- attend school regularly and be fully engaged in their learning,
- attend all trainings, games, and team commitments,
- communicate promptly with coaches or managers if they are unable to attend,
- demonstrate positive behaviour, teamwork, and sportsmanship at all times,
- follow instructions from coaches, officials, and staff,
- wear the correct uniform with pride and represent the school well,
- uphold the school values of Whanaungatanga, Kaitiakitanga, Manaakitanga, Pono, and Whakaute.

Being part of a team means being reliable, respectful, and committed. Students who consistently meet these expectations contribute to a positive and successful team culture.



School Commitment

Academic achievement is our highest priority, and sport is a privilege that supports student wellbeing and engagement.

To be eligible to participate in sport, students are expected to:

- maintain regular attendance at school,
- be actively engaged in their learning and making a genuine effort,
- meet behaviour expectations in the classroom and around the school,
- keep up with schoolwork and assessment commitments.

Students who are struggling academically may be required to attend support sessions or meet certain conditions to continue participation.

Regular attendance is essential. As a guide, students should aim to attend at least 90% of the time—missing fewer than five days per term—to stay on track with their learning.

Code of Conduct

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

Players who represent the school in more than one code, can play for both codes provided:

- the Sports Coordinators and Coach agree,
- they can attend all practices, games and finals for both codes,
- they attend all games for LNISS and regionals for both sports (there must not be cross over where substitutes are required to fill their spots).

This Code of Conduct sets out the rules, procedures and expectations for all students participating in any sport for the school.

Everyone representing HGHS is expected to:

- return all sports uniforms at the conclusion of a sport or when requested to do so. Anyone who fails to return sports uniform may be charged for replacing that uniform.
- have an acceptable attendance level in order to play. If you are not at school on the day of your game, then you will not be able to play.
- attend training. No training, no game time (unless a valid reason is provided e.g. tangi, or the student only able to attend one training per week due to other school practice commitments).
- pay sports fees. No fee, no play (unless a payment arrangement is in place).
- communicate with their coaches and managers if they cannot make it to training or the games at least 24 hours in advance. They should not be relying on other students to pass on these messages. The student must take responsibility for themselves.
- have acceptable behaviour both within school and in sports at all times. Any student causing any issues (misconduct or inappropriate behaviours on or off the sports field) for a team manager or coach will be addressed with the TIC and Director of Sports. The DP Pastoral may restrict any student's involvement in sport due to poor attendance, lack of academic effort or failure to adhere to the school values.



Fees & Payments

We aim to make sports participation as accessible as possible for all students. The following payment options are available to support families in managing sports fees.

Payment Options

Online Payment

Fees can be paid quickly and securely via our online payment system. This is the easiest way to ensure payments are received promptly.

At the School Office

Payments can also be made in person at the school office during office hours using cash or EFTPOS.

Automatic Payments (Highly Recommended)

To make things more manageable, we strongly encourage families to set up an automatic payment through their bank. This allows fees to be paid off in smaller, regular amounts, helping to avoid large one-off payments and ensuring fees are completed on time without added pressure.

If you need any assistance setting up an automatic payment or choosing the best option for your situation, please contact the school office—we are happy to help.

School Bank Account Details

Hastings Girls' High School
12-3145-0140200-00

Need Help?

We understand that circumstances can vary from family to family. If you have any questions or would like to discuss payment options, please get in touch with our Sports Department:

Finn Martin

Sports Coordinator
Fma@hastingsgirls.com

Fale Matamata

Sports Coordinator
Fjo@hastingsgirls.com

Rugby

2026 Season Terms 2, 3 and 4

1

TEAMS: U15S , U17S & 1ST XV

2

TRIALS: TEAMS ARE ASSESSED AT TRAININGS

3

TRAININGS: TUESDAYS & THURSDAYS | SCHOOL FIELD

4

GAMES: U16S TERM 2 WEEKS 5-9, 1ST XV TERM 2/3

5

FEES: U15S SEASON FEES \$30-\$50, 1ST XV SEASON FEES \$90-\$120
(COVERS ENTRY, UNIFORM, TRANSPORT & EQUIPMENT)

6

UNIFORM: JERSEYS, SHORTS & SOCKS PROVIDED BY THE SPORTS DEPARTMENT
(OPPORTUNITY FOR PLAYERS TO BUY SHORTS & SOCKS)

7

TRANSPORT: PROVIDED BY THE SCHOOL

8

EQUIPMENT: PROVIDED BY THE SCHOOL

9

COACHES/TEACHERS IN CHARGE: EMMA JENSEN | JS@HASTINGSGIRLS.COM,
FALE MATAMATA | FJO@HASTINGSGIRLS.COM, FINN MARTIN |
FMA@HASTINGSGIRLS.COM

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RUGBY TOURNAMENTS: SWITCH GALA U15S | TERM 1 | HASTINGS
MANUKURA SPORTS EXCHANGE 1ST XV | TERM 2
KATHY GREY CUP U15S | TERM 3 | LEVIN

SEVENS TOURNAMENTS: GISBORNE JUNIOR SPORTS EXCHANGE (YEAR 9&10) | TERM 4
CONDORS U15S | TERM 4 | TAURANGA, CONDORS OPENS | TERM 4 | TAURANGA



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