



KING'S HIGH SCHOOL KING'S LIONS' SPORT



SPORTING SUCCESS 2023-2024

- Luke Brinkley** – Juvenile Men Green U73kg Jiu-jitsu Champion
- Quinten Holland** – NZ Secondary Schools Rugby Team
- Torino Jackson** – NZ Aotearoa League Team and Scorpions Rugby League Youth Champions
- Vincent Laban** – NZ Men's Invitational Netball Team
- Jeremiah Manteiga** – U15 Men 73kg Weightlifting Champion
- Dylan Pledger** – NZ Secondary Schools Rugby Team and NZ U18 Touch
- Jeremiah Tuhega-Vaitupu** – NZ U16 and NZ U18 Touch





"As the Lion embraces his challenge – he stands strong, refusing to hide – for the strength of the Pride is the Lion, and the strength of the Lion is the Pride." – KHS Old Boy 1936

The King's Lions' Sport vision is to "be the school of choice for sport and sports performance". We provide a dual pathway for those students who enjoy participating in sport as well as those who seek sport as a professional occupation.

Currently over 700 pupils participate in sport at King's, from social players to New Zealand representatives.

We have two missions for King's Lions' Sport:

- Inspire our students to believe they can succeed while building self-esteem, confidence and resilience to encourage sporting involvement through and beyond King's.
- Deliver specialised high-quality coaching together with key sports performance subjects to enable our young men to excel in their chosen sports.

Central to our philosophy and strategy is the impact of our coaches and management. These people are the drivers of our sporting programmes and pathways at King's. Their ability to create the right environment is mastered via three avenues.

These are:

- Instilling belief in the team and individual
- Provoking thought
- Gaining understanding.

This process and practice of instilling belief, provoking thought and gaining understanding are continual. The more time we spend with players and the more often these are followed, the more they believe, understand, think and improve. There is no end point; growth is perpetual.

SPORTS PERFORMANCE PROGRAMMES

The seven areas of focus for King's sport and athletic performance are:

1. Recovery and hydration
2. Performance analysis
3. Mental skills
4. Understanding body systems
5. Strength and conditioning
6. Game understanding
7. Sport specific skills

It is well documented that participation in a holistic programme provides excellent preparation and supports performance at the highest level. It is our mission to educate our young Lions about the pillars of sports performance above and to expose them to what a performance environment looks like.

The six sports currently identified as performance sports at King's are: Basketball, Cricket, Football, Golf, Hockey, Rugby and Touch.

Sports Performance opportunities at King's are:

- Year 9 & 10 Lions Athletic Performance Squads (LAPS)
- Year 9 & 10 Sports Performance Programmes (SPP)

SPORTS ACADEMIES

At King's we run academies for a number of sports that are exclusively for junior students.

The academies are an opportunity for students to further their sporting experience and development by working with the leading coaches in their chosen sport(s).

The academies operate two times per week during the terms of active competition.

The academy classes focus on three main areas:

1. Sport specific skills
2. Game understanding
3. Strength and conditioning

WHAT DO MY CHOICES AT YEAR 11, 12 & 13 LOOK LIKE?

OVERVIEW

As students progress into their senior years at King's, they usually have decided what sports they most enjoy and are willing to devote more time to. While some students may prefer to play one or two sports, many still choose to play multiple sports during the year.

THE LIONS' DNA (RAIONA)

A King's Lion DNA (RAIONA) carries with it a particular set of behavioural traits which connect our young men with each other and our community (THE PRIDE).

RAIONA outlines the behaviours and values King's believes to be important for the enjoyment and success of sport. The four RAIONA traits of a King's Lion are:

- ATTACKING – STYLE
- PROTECTIVE – CULTURE
- BRAVE – MIND SET
- WE before me – CHOICE

These RAIONA traits form the identity of a King's Lion and are evident on and off the sports field.

FOCUS

The same philosophy and encouragement to engage in both the participation and performance pathways, are applied. The difference between the junior and senior sporting programmes is simply the amount of time and commitment required for each sport.

SPORTS PERFORMANCE PROGRAMMES

The transition period from school to professional sporting environments has shortened significantly over the last ten years. Across the six performance sports at King's it is our focus to provide extensive insight and understanding of the behaviours and performance pillars required to be a successful professional athlete. The aim in the transition from junior school to senior school in performance sport is to have Year 11 students selected in 1st team squads.

All 1st team environments for performance based sports utilise all seven performance pillars within their extensive programmes.