

SQUASH

Hey, we are looking for you! Do you have great hand and eye co-ordination? Are you agile enough to move around in a small space? If so, then this is right up your alley.



Squash is intense, it requires precision striking skills.

You will be coached by people who are passionate about this sport. You never know you might like to join the Upper Hutt Squash Club.

Cost: \$30.00

BOXFIT

Does the idea of learning how to box rock your boat? Learning the skills of a great boxer?

There will be no sparring, but you will learn so much more, even things you didn't know you did in boxing.

Our Vision - is for young people to reach adulthood with the motivation, values, skills and knowledge to reach their potential and have the ability to make contributions to their families, peers and wider community.

Our Mission - we will provide a fitness-based service to young people, which challenges and expands a young person's horizons, perceptions, values, abilities and actions through:

- Fitness training
- Education
- Social Interaction
- Role Modelling



Cost: \$35.00

GOLF

Could you be the next Lydia Ko or Michael Campbell?

Come learn how to putt, swing and get a chance to play on a real Golf Course.

Golf is a sport that is now cool for students to do!

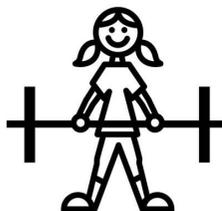
Clubs are needed to take part in this option.



Cost: \$15.00

CROSSFIT

Are you competitive? Enjoy the idea of working out like adults do? Love having fun while exercising?



Crossfit is challenging, so only those ready to step up should apply for this one.

Upper Hutt Crossfit staff are ready and waiting to take you through your paces.

Cost: \$30.00

SKATIES

Are you into recreational travel that requires you to roll rather than run? Do you look at a hand rail, staircase, box section or smooth concrete and think "I could pull a few moves on that!"

Then you need to bring your roller blades, and/or roller skates and join us to explore our true ability to roll, grind and slide on the smoothest concrete in Upper Hutt!

Venue Upper Hutt Skating Rink



Cost: \$35.00

SOFTBALL

Hutt Valley Softball

Softball is the next step for you if you are amazing at Danish Rounders! There are some differences, such as the bat and the ball, but you do get to run around 3 bases before heading to the home plate.

If you would like to be part of Fergusson's Softball team, then you must sign up for this option.



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Cost: \$10.00

MULTI-SPORT

Want to try out some new sports? Nearly every couple of weeks brings something new, different, challenging and exciting.

Come along and have a go at: Lacrosse, Frisbee, Tchoukball.

This option must be paid for when you hand your sheet in. It is going to fill up fast so first in first served!!

Cost: \$5.00

DANCE

Would you like to learn hip hop dance movements and help create a group dance?

Think of how awesome it would be to show your new moves to the school?

A willingness to participate is A MUST!



Cost: \$30.00

TENNIS

Imagine playing on the new Upper Hutt Tennis Club's Astro-turf. Working on your forehand and backhand, but even better serving aces when you serve. You will have expert

coaches to help you develop your skills. This programme is being run by the Upper Hutt Tennis Club



Cost: \$35.00

LET'S WALK

Walking is a great way to improve health and fitness.

Brisk walking:

- Makes you feel good
- Gives you more energy
- Helps you to sleep better
- Reduces stress.



And best of all... it can be done in a social group!

Cost: Nil

YOGA

1. **Thousands of years ago, the ancient yogis lived in the forest, the mountains, and the caves of India.** They observed their environment, and saw how the animals and nature moved in perfect harmony. They imitated the movements of the animals, the trees, the mountains, and even the movements of the stars, and created a wonderful technique that is called yoga.

2. **Yoga is a way to exercise our bodies, our breath, and our minds** all at the same time. Yoga makes us feel great!

3. **Yoga is a very ancient science** that helps us to develop flexibility and strength in our bodies, and happiness and peace in our mind.

Cost: \$15:00

FOOTBALL

Football is a sport that requires speed, accuracy and timing. Like most ball sports it requires skill and strategy and know how to work as part of a team.

Football is played across many continents.

By learning some techniques during Fergy Sport, you will be well prepared to take this sport more seriously, or at the very least to be a champion during those fun football games!

Cost: \$5.00



NETBALL

Do you play netball? Want to improve your skills and learn some new drills?



Hutt Valley Netball want to help you do that too! You will be trained by an expert and one of the Rep' Selectors.

If you play Saturday netball this really is for you!

Cost: \$15.00

INDOOR BOWLS

If you are looking for a game that can be played socially or competitively, a sport that caters for people with physical disability and a game for any age where males and females compete as equal's this is the sport for you. Enjoy our website and all it has to offer.



Cost: \$5.00

SPEED STACKING

How is stacking cups a sport??

Research shows that it improves hand eye co-ordination and uses both sides of your brain. It is a skill that improves your mental fitness and is competitive. And it's really fun!



Cost: Nil

YOUTH TOWN

If you think you are awesome at dodgeball, or maybe basketball then come put your skills to the test!



Cost: \$5.00

TABLE TENNIS

If you are interested in being considered for our Fergusson Intermediate Table Tennis Team and have the skills and right attitude, come on and sign up! Table Tennis requires discipline and concentration if you are to win. Have a Go!



Cost: Nil

CRICKET

LBW, Wide, four, six, duck, golden duck! Are you familiar with these terms? Would you like to develop your skills more?

If you answered yes! Then you are in for a real treat, as we have someone with extensive cricket knowledge and links to Cricket NZ to work with you on developing your skills.

Cost: Nil

FERGUSSON INTERMEDIATE SCHOOL
Fergy Sport Term 3- 2017

Aim:

The concept behind Fergy Sport is based on providing the students with an opportunity to further refine their skills and understanding, or to learn more about and acquire skills, in a sport of their choice.

Outside agencies will be utilised where possible to provide the students with additional expertise, thus further refining their understanding of the sport and increasing their level of participation.

When

Fergy Sport will start in week two of Term 3 on Thursday afternoons from 1:30-2:30pm. It will run for eight weeks.

How

Students are placed in a sport that will further develop their skills and understanding in that particular sport.

This form needs to be completed and returned to school correctly completed. Students must choose three sports and will be allocated the choice that is available.

Once places fill up then we will allocate the student's second choice.

Attached to this form is an information sheet that provides a brief summary of the sports on offer.

Fergusson Intermediate / Fergy Sport



Permission Form

All Fergy Sport permission slips need to be returned to school by **Tuesday 25 July 2017 at the latest.**

Students should select their three most preferred sports. Option one being their most preferred, through to option three.

Student: _____ Room: _____

Sport Options

1. _____
2. _____
3. _____



All Fergy Sport programmes have been approved by the Principal and are in agreement with the school's policies and procedures.

I _____ give permission for my child _____

to participate in all associated activities of their designated Fergy Sport programme
Signed _____

Option specific information will follow once all students are placed.

Invoices will be issued for options