

# Winter Sports



Our St Peter's Catholic School netballers have once again flown the flag strongly throughout the 2013 netball season. Three out of our four netball teams made finals with Fernz (Year 5) coming runners up in their grade and Kiwis (Year 6) and Lions (Year 3/4) winning their respective grades. Our Year 7/8 team Mars Bars although not making the finals competed well in their grade. The netball teams held their annual prizegiving lunch yesterday. They were very excited to find out that their special guest speaker was Leana de Bruin, a star in the Silver Ferns netball team, currently competing for the Constellation Cup against Australia. Leana spoke to the girls on her netball career, and how to reach their netball goals by never giving up. Our thanks go to the coaches and managers of our netball teams: Lauren Brennan, Raewyn Risi, Anna Bodle, Christina Balsom, Leanne Methven, Marie Coles, Kayla



Flintoft and Claire Muir. Special thanks to Aoife Deeley who was the school Netball Co-ordinator this year.

Our rugby teams have enjoyed their season with some great weather, making it easier on spectators. The teams have been involved in some tough challenges, competing well. A huge thank you to our coaches Eddie Tukuitoga, Dan & Anna Bodle, Paul Fisher, and a big thanks to Lemona Tukuitoga who did a superb job as the Rugby Co-ordinator.



This season we have had two hockey teams entered in the Cambridge primary schools hockey league. Both teams have improved vastly over the season and the players look forward to building on their skills next year. Our thanks to the Year 3/4 team coach Peter Groenendijk and our Year 5/6 coach Steve Carter.

Congratulations to Christian Pearson, Hugh Kennedy and Matthew Jordan, whose soccer team 'The Falcons' won silver medals at the 5-aside tournament recently after losing the final to penalties. Their team has also won the Waikato championship for Division 2. Well done to you all.

Lastly, thank you to all the players for their positive contribution to sport, and to the parents who have ferried their children to games and practices. Roll on summer!

## SPORT HOLIDAY PROGRAMMES

**Kiwi Sport Cambridge Holiday Programme:** Monday, 7th & Tuesday, 8th October from 10 am–2 pm at Cambridge High School Gym. \$10.00 per child per day. Bring lunch and drink. Day 1: athletics, small ball games, golf and rugby league. Day 2: tennis, bike, frisbee games and ki-o-rahi/Tapuawai. Limited numbers and registration essential. Register online at [www.sportwaikato.org.nz/waipacfm](http://www.sportwaikato.org.nz/waipacfm) or contact Anton Barr on 823 2510 or 027 245 9140.

**Football Holiday Programme:** Monday–Thursday 7–10 October, 8.30 am–4.30 pm daily. Venue: Robb Sports Centre, St Peter's School, Cambridge. Ages 7–12. \$30.00 per day. To register visit [www.waipopfootball.co.nz](http://www.waipopfootball.co.nz) click on "Holiday Fun Football" under "Player Development" tab to complete online registration form or email Helen Collins, [helenc@stpeters.school.nz](mailto:helenc@stpeters.school.nz) or phone 827 9899 Ext 27.



**Tennis Holiday Programmes at Cambridge Racquets Club:** Monday, 30th September to Friday, 4th October & Monday 7th October to Friday, 11th October. These are a great introduction to tennis, with lots of fun and skills learnt during the week. The programme runs from 9 am to 4 pm each day and full day and half day options are available. See further details on [www.crc.org.nz](http://www.crc.org.nz) or bookings/enquiries to Carmel Millar on 022 066 4493 or [admin@progressivetennis.co.nz](mailto:admin@progressivetennis.co.nz)



**Kelly Sports Holiday Programme:** 30 September –11 October, 5–13 years old 8 am–6 pm at Leamington School. Netball Clinic with Elias Shadrock from Kia Magic Team – 9 & 10 October; 9–13 yrs, 9 am–3 pm at Hamilton Girls High School. Rugby Clinic with WRU Academy players, 30 September–1 October. 7–9 yrs 9 am–12.30 pm and 10–13 yr 1–4.30 pm at Southwell School. For more info email [waikato@kellysports.co.nz](mailto:waikato@kellysports.co.nz) or phone 839 9017.



### Did you know .....

- The salivary glands in our mouth produce one to two litres of saliva each day.
- One serving of vegetables is roughly what fits in the palm of your hand.
- Attentive eating is likely to influence the amount of food we eat. Attentive eating means eating without distraction and being aware of the food that we are eating.
- Spinach is a rich source of vitamin A and folate, and low in kilojoules.
- New research suggests that when it comes to shedding unwanted kilos, what matters is not the duration of exercise, but how hard you work your heart and lungs.
- Magnesium is necessary for heart function and low salt diets reduce blood pressure.
- Parents play a primary role in influencing their child's eating patterns through their own eating behaviours and attitudes towards foods.