

Aoraki Secondary School Sport
Ki O Rahi Festival
Friday 22nd November 2019

Where: Caroline Bay, Timaru

When: 22nd November 2019

Time: 9.30 managers meeting with **9.45am start**.

Entry Fee: \$0. Schools can enter as many teams as they like.

Aim: Promoting a positive aspect of Maori culture. Promoting physical activity through tikanga values on and off the field.

Equipment: Schools to bring their own Rippa Tags – please contact Kate if you do not have any (kate.ormsby@sportcanterbury.org.nz). All other game equipment will be provided.

Entries Due: Entry form below to be received by **Tuesday 12th November**. Please email shaun.campbell@sportcanterbury.org.nz

Grade/Divisions:

- Yr 5/6s - Boys; Girls teams
- Yr 7/8s - Boys; Girls teams
- Yr 9/10s - Boys; Girls and Mixed teams

General Information:

- Each school is to **provide a manager/teacher for the day**. Their role will be to keep an eye on teams and make sure they get to where they need to be on time.
- Each **school to supply their own first aid kit** including ice.
- **Students are to wear footwear** when participating (trainers / gym shoes).
- **Please bring water bottles and food** as there will be no canteen or shop available at the bay. For healthy lunch ideas see flyer attached.
- Sun hats and sunscreen important. Some shade will be available however schools are welcome to bring tents along.
- Prize giving will be held directly after the final games. Certificates and trophies awarded.
- Rules of the game will be sent with information sheet. If unsure, please contact Greg.
- 8 players on the field however teams can consist of approximately 10 players.
- **Coaching:** For pre-tournament coaching sessions please contact Greg Newton for more information.
- **In the event of wet weather this competition will be canceled** – team managers will be advised on the day by 7am at the latest should this be the case.
- If you have someone willing to help out as a ref on the day, please note their name down on your entry form.

Please Send Entries to shaun.campbell@sportcanterbury.org.nz

Due on Tuesday 12th November

Photos: Please note any images taken at this event may be used for social media purposes. Please contact Kate (kate.ormsby@sportcanterbury.org.nz) if you have any questions surrounding this.

Many Thanks

Shaun Campbell
Aoraki Regional Sport Coordinator

Greg Newton
WAVE Facilitator

Food 4 Fuel



Step 1: have filling + colourful + lasting foods for breakfast

(Breads and cereals + Vegetables or Fruit + Protein)



Step 2: Pack a healthy lunchbox with ...



... Each of the four food groups:



Step 3: Pack a water bottle, sunhat, slap on some sunscreen and a smile!



TIP: If you want to try something different, add berries, pineapple or watermelon pieces to home-made ice cubes before you freeze them!

