

Rangitoto College is proud of its sporting history and the many athletes it has nurtured throughout their time here. We do our best to provide a high standard of coaching and support to our athletes and in return we expect full effort and commitment. The College provides over 40 different sports and students are strongly encouraged to participate throughout their time at the school.

<b>Sport</b>	<b>When is it offered?</b>	<b>Sport</b>	<b>When is it offered?</b>
• Athletics	<i>Terms 1 &amp; 4</i>	• Rugby ( <i>trials term 1</i> )	<i>Terms 2 &amp; 3</i>
• Badminton	<i>Terms 2 &amp; 3</i>	• Sailing/Yachting	<i>Term 1</i>
• Basketball ( <i>trials term 1</i> )	<i>Terms 2 &amp; 3</i>	• Snow Sports	<i>September</i>
• Beach Volleyball	<i>Terms 4 &amp; 1</i>	• Softball	<i>Term 4</i>
• Cheerleading	<i>Term 1</i>	• Squash	<i>Terms 2 &amp; 3</i>
• Cricket	<i>Term 1 &amp; 4</i>	• Swimming	<i>All year</i>
• Cycling – Road	<i>All year</i>	• Table Tennis	<i>Terms 1, 2 &amp; 3</i>
• Equestrian	<i>Terms 1 &amp; 4</i>	• Tennis	<i>Terms 1 &amp; 4</i>
• Fencing	<i>All year</i>	• Touch Rugby – Seniors	<i>Term 1</i>
• Football ( <i>trials term 1</i> )	<i>Terms 2 &amp; 3</i>	• Touch Rugby - Juniors	<i>Term 4</i>
• Golf	<i>Feb - Aug</i>	• Triathlon/Multisport	<i>Oct - April</i>
• Hockey ( <i>trials term 1</i> )	<i>Terms 2 &amp; 3</i>	• Volleyball - Juniors	<i>Term 4</i>
• Mountain Biking	<i>Terms 1, 2 &amp; 3</i>	• Volleyball - Seniors	<i>Term 1</i>
• Netball ( <i>trials term 1</i> )	<i>Terms 2 &amp; 3</i>	• Waka Ama	<i>All year</i>
• Orienteering	<i>Terms 1 &amp; 2</i>	• Water polo	<i>Terms 1 &amp; 4</i>
• Petanque	<i>All year</i>	• Weightlifting	<i>All year</i>

Please note that there are also sports available through local clubs, e.g. Karate is practiced at a local dojo. Please email us to get directed to the relevant website for future information.

### Club Sports

• Canoe Polo	<i>Terms 1 &amp; 3</i>	• Surfing	<i>Term 1</i>
• Gymnastics	<i>Terms 2 &amp; 3</i>	• Surf Lifesaving	<i>Term 1</i>
• Judo	<i>All year</i>	• Tramping	<i>All year</i>
• Karate	<i>All year</i>	• Windsurfing	<i>All year</i>
• Lawn Bowls	<i>All year</i>		
• Rock Climbing	<i>Terms 1, 2 &amp; 3</i>		
• Rugby League	<i>Term 2 &amp; 3</i>		

### Special Sports Programmes (Rugby, Sailing and Sports Performance Academy)

The Sports Performance Academy (SPA) is focussed on long term athlete development integrated with high performance coaching, sport science and training, support networks, and exposure to real-world experiences.

<https://www.rangitoto.school.nz/sport/sport-performance-academy/>

The Rugby Programme for International Students combines academic school study with specialist rugby coaching and SPA training. Please email us for additional information.

The Sailing Academy gives students the chance to learn the basics of sailing through one of New Zealand's best sailing clubs. Please email us for additional information.