

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.

Sport	When is it offered?	Sport	When is it offered?
• Athletics	Term 1	• Sailing / Yachting	Term 2
• Badminton - Senior	Term 2	• Snow Sports	Terms 2 & 3
• Badminton - Junior	Term 3	• Softball	Term 1
• Basketball (<i>trials term 1</i>)	Terms 2 & 3	• Squash	Term 2
• Beach Volleyball	Terms 1 & 4	• Swimming	Term 2
• Canoe Slalom	Term 1	• Table Tennis	Terms 1, 2 & 3
• Cricket	Terms 1 & 4	• Touch/Tag - Junior	Term 4
• Cross Country	Term 2	• Touch/Tag - Senior	Term 1
• Cycling – Road	Terms 2 & 3	• Tennis	Terms 1 & 4
• Equestrian	Term 1	• Triathlon/Multisport	Term 1
• Fencing	All year	• Volleyball - Juniors	Term 4
• Football (<i>trials term 1</i>)	Terms 2 & 3	• Volleyball - Seniors	Term 1
• Golf	Terms 1, 2 & 3	• Waka Ama	Term 1
• Hockey (<i>trials term 1</i>)	Terms 2 & 3	• Water Polo - Juniors	Terms 2, 3 & 4
• Mountain Biking	Terms 1 & 2	• Water Polo -Seniors	Term 1
• Netball (<i>trials term 1</i>)	Terms 2 & 3	• Weightlifting	
• Orienteering	Terms 1, 2 & 3		
• Rugby (<i>trials term 1</i>)	Terms 2 & 3		

Please note that there are also sports available through local clubs. Email us for further information.

Club Sports

• Canoe Polo	Terms 1 & 3	• Sailing	Terms 1 & 4
• Cheerleading	All year	• Surfing	Terms 1 & 4
• Gymnastics	Terms 2 & 3	• Surf Lifesaving	All year
• Judo	All year	• Tramping	All year
• Karate	All year	• Windsurfing	All year
• Lawn Bowls	All year		
• Rock Climbing	Terms 1, 2 & 3		
• Rugby League	Terms 2 & 3		

Sports Performance Academy

The Sports Performance Academy (SPA) is focused 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/>