At OBHS we strive to harness the potential of every student. Our cultural programmes not only provide excellent instruction but also a wide range of opportunities. It is not unusual for our boys to engage in the classroom, on the sports field and on the stage in a single year.

### **Drama and Theatre Sports**

Drama is a curriculum subject available at each year level. Theatre Sports is a competition based extra curricular activity in which our boys compete against others regionally. Both of these opportunities are led by teaching staff and offer a variety of performance events.

### **Cultural Groups**

Kapa haka and Polyfest competitions provide the opportunity for our boys to celebrate their cultural heritage.

#### Choir

The choir is a long established tradition in the school. Conducted by Ben Madden, an old boy, the choir performs and competes in a range of contexts, from school assemblies through to the Big Sing competition. Another old boy, Jonathan Lemalu, now a professional opera singer based in the United Kingdom, began his singing career in our school choir.

## Orchestra and Jazz Orchestra

Our orchestra provides musical connection for a number of students. Musical groups offer the opportunity for students to explore new music, perform with their peers, and perfect their craft. As well as the orchestra, bands and smaller ensembles have opportunities to perform throughout the year and compete in competitions like Rockquest and chamber contests.



Instrumental lessons are available for students in a range of instruments (piano, guitar, bass, drums, voice, strings, brass, woodwind, violin, cello, double bass, flute, clarinet, oboe, bassoon, trumpet, trombone, and saxophone). These lessons are tailored for first timers through to those seeking ABRSM, Rockschool, or Trinity qualifications.

## Tennyson Shield

The Tennyson Shield is a long standing competition against OGHS. In it both individual speeches and debates occur, with the winner receiving the Tennyson Shield, and the bragging rights!

#### Debating

We offer a wide range of opportunities for debating. Our top senior debaters lead a lunchtime debating club where they host debates and help members improve their craft. We participate in the Dunedin Schools' Debating Competition at both the junior and senior level, compete at the Otago Regional Debating Competition, and represent the school in winter interschools. There is no argument – debating is one of the school's premier sports!

### Recognition

Recognition of achievement is a cornerstone of our 'tall poppy' culture. Here the ultimate is the blue or the national honours blazer and boys do get these regularly in the Arts. Celebrating these milestones is part of what we do.

The school runs events that showcase the talents of the boys, be it the school production, inter-house debating or theatre sports.











Otago Boys' High School
Sports, Arts and Culture

Led by the Sports Council, our mission is to provide the leadership and support required to ensure that sporting opportunities meet the needs of the boys and encourage them to be their best.

What this means is we want as many of our boys as possible to be actively involved in sport. We understand boys play sport for many reasons and we need to be able to cater for all of these needs. To be able to achieve this, we are focusing on the programmes we are running and aiming to make sure these are delivering what the boys want and need.

Sport plays an important part of the development of young men, teaching many great aspects that follow through into adult life. We understand that at OBHS,

and have high expectations that the boys understand the school values and then live them through their behaviours in their sporting environments. We couple that expectation with quality coaching and development opportunities for our coaches and believe we are ourselves, living the values that we hold strong: Courage, Perseverance, Respect, Honour and Excellence.

As the Director of Sport, I am excited about using my experience in sport, as a player and as a coach, to lead the programmes and give every boy the chance to experience the positive effects that sport can have

Craig Cumming - Director of Sport



# **High Performance Sports**

The aim of this course is to improve player performance by building an environment "off the field" which enhances players' "on-field" performance. The course uses sport as a context to develop life skills for success.

Specifically the intention is for the students involved to further develop self-discipline, team work and individual responsibility, and to have exposure to competitive situations. Making appropriate lifestyle choices and enhancing their levels of personal fitness are also important course components.

- · Students at NCEA Level 1 have access to 20 achievement standard credits.
- Students at NCEA Level 2 have access to 15 achievement standard credits.
- Students at NCEA Level 3 have access to 8 achievement standard credits and some unit standard assessments.

The high performance programme will focus on:

- · Fitness training
- · Strength and conditioning training
- Nutrition and life-style
- · Game sense and mental skills development
- · Leadership development and training
- · Video analysis and player assessment
- · Position specific training and skills development delivered by staff or external resource coaches
- Study skills
- Mentoring of students accepted into the programme

The programme requires focus on demonstrating a strong intrinsic motivation, high levels of commitment, a willingness to take on instruction and a well-developed work ethic.



Sport is not a substitute for academic achievement; instead it enhances academic achievement.



# Sport Electives offering HPS

- Athletics\*
- Rowing\*
- Cricket
- Rugby
- Football
- Basketball
- Tennis
- \* Outside of curriculum time.

# **Entry Requirements**

Every OBHS student can apply for the programme.

# Traditional Exchange Programme

Our traditional exchanges often give the best experiences and memories. Old Boys regularly relive the memories of battle on Littlebourne.

### Exchange

- · Vs Christ's College, since 1883
- · Vs Southland Boys' High School, since 1902
- · Vs Waitaki Boys' High School, since 1905
- · Vs Christchurch Boys' High School, since 1913
- · Vs Timaru Boys' High School, since 1914
- · Vs King's High School, since 1938

# Otago Boys' High School Sports Council

Re-established in 2018, the role of the Sports Council is to govern sports for all. Their efforts are aimed at funding and supporting the work of coaches and at increasing player enjoyment of sport, whether a boy sees himself at the elite end or as the boy who wants to play with his friends.

The Sports Council is made up of eight parents and the Rector.

Not everyone can "just do it". The more you sweat in training the less you bleed in battle. I'm very grateful to the HPS programme, Otago Boys' High School, my friends and family for the countless time they have spent to get me where I am today. The lessons I have learnt on and off the water will remain with me for life. My dreams are now becoming realities.

#### Reuben Cook

Member of NZ Under 19 Men's Quadruple Scull, to compete in Bulgaria, August 2021 at the World Junior Rowing Championships (Covid dependent).





Our boys become confident, resilient men with a sense of purpose, prepared to explore and contribute to a changing world.