

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.



#### Itinerant Music

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, Rockscool, or Trinity qualifications.

#### Tennyson Shield

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

#### Public Speaking,

We offer, through old boys, the opportunity to learn public speaking, for confidence or for qualifications if you would like. Done at lunchtimes, these lessons help boys to overcome any nerves and learn a lifelong skill.

#### 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*

At Otago Boys' High School, led by the newly formed Sports Council, our mission is to provide the leadership and support required to ensure sporting opportunities meet the needs of the boys and encourage the boys 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 these needs. To be able to achieve this we are focusing on the programmes we are running, and aiming to make sure these programmes 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 for the boys to firstly understand the school values, and then live them through their behaviours in their sporting environments. Coupling that with quality coaching and development opportunities for our coaches, we believe we are living ourselves the values that we hold strong: of 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 on their lives.

Craig Cumming - Director of Sport



## Sport Electives offering HPS

- Athletics\*
  - Rowing\*
  - Cricket
  - Rugby
  - Football
  - Basketball
- \* 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.

*The key is not the will to win... everybody has that. It's the will to prepare to win that is important. I'm very thankful for the HPS programme, Otago Boys' High School, and my Family and friends for all the support, allowing me to prepare properly on the water and in the classroom. I've now opened new doors to the future I would have only dreamed of growing up.*

*Ben Mason*

*Member of NZ Junior Men's Quadruple Scull, competing in World Junior Rowing Championships in Tokyo Japan, August 2019*

## 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 22 achievement standard credits
- Students at NCEA Level 2 have access to 16 achievement standard credits

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.*



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

