



**MOUNT ALBERT
GRAMMAR SCHOOL**

Sports Academies





MOUNT ALBERT GRAMMAR SCHOOL SPORTS ACADEMIES



Allie Wright
Director of Sport

The MAGS Sports Academies were established in 1997 to identify and work with high-performing students who we believe have the potential to become elite competitors during their time at Mount Albert Grammar School.

The aim is to improve the skill levels of players at a junior level so that by the time they reach senior level, they are significantly advanced. In Years 9 and 10 students participate in their chosen Academy, representing one of seven key sports at this school: Aquatics, Basketball, Cricket, Football, Netball, Rowing and Rugby. The Academies take approximately 200 students each year across these sporting codes.

Students who are involved in an Academy are proving to be fitter, better prepared for their season and more disciplined in their health and fitness.

Core Values

The MAGS Way set of values which underpin the school are also the foundation of its Sports Academies.

The MAGS Way values are:

Aim for Excellence, Respect Oneself, Respect Property and the Environment, Be Honest, Respect Others, Value Education.

Academy Vision

MAGS will produce well-balanced athletes with both a sporting and academic focus.

A love of training and a love of the game will give each Academy student the passion required to aspire to selection for the Premier team of their sport at Mount Albert Grammar School. This will result in our Premier teams always having a presence in local, regional and national competitions.

Purpose

The MAGS Sports Academies will improve the focus of each student by putting them in a specialised programme, where expectations are clear and standards are not compromised. A culture of excellence will grow out of this where students will be given the opportunity to reach their potential.

Standards

- Students understand that it is a privilege to be in an Academy, not a right
- Each student's contract is signed and fees are paid
- There will be 100% attendance and uniform will always be correctly worn
- Each student plays for the school first and foremost, and strives for a place in a Premier team
- The MAGS Way values are evident in the behaviour of every student

Goals

100% compliance with the MAGS Sports Academy Values, Vision, Purpose and Standards

Students will set "Dream Goals", as well as short term and long term goals

Every athlete will strive for selection for the Premier team in their sport

Competition Success

In recent years teams arising from the MAGS Sports Academies have won many championships, including:

Cricket

- Auckland T20 Champions 2017
- Auckland One Day Champions 2013
- Auckland Two Day Champions 2013
- New Zealand runners-up 2013
- Auckland Cricket School of the Year 2013

Boys' Football

- New Zealand Futsal Championships 2016 – 3rd
- New Zealand Champions 2012
- Auckland Knockout Cup Champions 2012
- Auckland First XI Champions 2001, 2003-2009, 2011, 2013

Girls' Football

- New Zealand Futsal Champions 2013-2017
- New Zealand Champions 2010, 2013-2016
- Auckland Premier League Champions 2009-2012 and 2014-2016
- Auckland Knockout Cup Champions 2010, 2011, 2012, 2014, 2015

Netball

- New Zealand Champions 2010, 2012-2015
- New Zealand College Netball Champions 2012-2015
- Auckland Premier Champions 2007, 2009-2013, 2015

Rowing

- Maadi Cup Girls U16 single scull Runner-up 2018
- New Zealand Bronze medal 2014, Silver medal 2015
- Maadi Cup Boys U18 Eight finalists 2015
- North Island Gold medal 2014, 2015
- Auckland Gold medals 2014-2016

Rugby

- New Zealand First XV Champions 2016
- Auckland First XV Champions 2016
- Silver medal at 2017 Sanix Secondary Schools Rugby World Cup in Japan
- Blues 10s Champions 2015-2017
- Auckland Sevens Champions 2013-2015

Lesson Content

In Years 9 and 10 each student attends their Sports Academy for two periods a week as part of their normal curriculum.

In these lessons they will receive high-quality coaching, and theory lessons in goal setting, sports psychology, tactics and nutrition.

Involvement in an Academy can positively affect other areas of school life and help students become well-rounded individuals.

All Academy programmes are aligned with the New Zealand curriculum.

The following conditions apply for Academy students:

- In Year 9 and 10 students choose Sports Academy as one of their option lines.
- All those in the Academy are expected to attend their lessons and come prepared to work hard physically and mentally with a positive attitude. High standards and a high work rate are expected of all students accepted into the Academy.

Academy Selection

Each year, students who are accepted into MAGS may apply for positions in academies of their choice. The main part of the selection process involves a sport-specific skills assessment. This will be undertaken by Mount Albert Grammar School teachers involved in the respective Sports Academies. There may also be some fitness testing.

You may apply for Academy selection when returning the forms confirming your acceptance of an offered place at MAGS. Selection trials take place during the academic testing days at MAGS in November.

As a rule students may take part in one Academy only; participation in two Academies is by special permission of the Director of Sport.

Sports Academy Contract

As a condition of entry into a Sports Academy, each student and their parents must sign the Sports Academy Contract.

The signing of this Contract ensures students are committed to the Sports Academy and to representing Mount Albert Grammar School first and foremost.

Student Contract Conditions

When you apply online for a Sports Academy you will also be required to download and accept the Sports Academy Student Contract, which contains the following clauses:

By applying for a Sports Academy, undergoing a practical assessment and being chosen to be part of the programme, I agree to the following:

- I will represent Mount Albert Grammar School at my chosen sport(s).
- I will not participate in other teams/sports that could have a negative influence on my involvement/performance for the school teams I represent.
- I will attend all Sports Academy lessons when I am present at school.
- I will make every effort to maintain a high standard of effort and behaviour in my other academic studies.
- I will make every effort to maintain a high standard of effort and conduct in Sports Academy lessons.
- If I am injured or too sick to participate in a practical lesson, I will bring a note to explain this, as I would for any absence from a PE lesson. Any long-term injury requires a letter for a GP, Physiotherapist or other specialist.
- I understand that being a part of the Sports Academy will carry certain expectations in being a sporting role model for Mount Albert Grammar School. I will be expected to take full participation in Inter-Form Class competitions, and to participate in other sporting codes/teams as required.
- I will play for the team that my Sports Academy coach selected me for.

The agreement of this contract ensures students are committed to the Sports Academy and to representing Mount Albert Grammar School first and foremost.





Director/Coach: Paul Kent

- Has coached multiple Open, Age and Junior NZ and Australian Champions, and swimmers to World standards and NZ teams
- Technical Consultant to NZ Olympic teams in 2004 and 2008
- Represented New Zealand at the Olympics, World Championships (won Gold and Silver medals), Commonwealth Games, Pan Pacific and Oceania Championships
- Broke 4 Commonwealth, 6 Australian and 39 NZ Open records and won multiple Australian and NZ Open Championships
- Ranked 1st in the World 1995, 1997 & 1998 in 50m Breaststroke
- NZ Breaststroker of 20th Century

Academy swimmers' success

- Multiple New Zealand Gold, Silver and Bronze medals in 2016/17
- 3 Australian Championship Gold Medals
- Multiple New Zealand Age Group records 2016/17/18
- Multiple Auckland Gold, Silver and Bronze medals 2016/17/18
- Multiple Auckland Age group and Open Records 2016/17/18
- Brearna Crawford selected for NZ Team to compete at Australian State Championships (won 2 Gold), Australian Age Group Championships (1 Gold) and for the NZ Development Team

Uniform

MAGS branded swim cap, t-shirt, shorts, trackpants, hoodie, long winter jacket

Other: Training shoes, towel, goggles and additional training equipment as required by each squad.

Facilities

Mt Albert Aquatic Centre, Gym, Sweat Yoga Newmarket

Lesson content

Skill and technique refinement, advanced energy training techniques, race preparation, sport psychology, goal setting. There is a large dry-land component to training for the competitive squads.

Team pathway

- Fitness programmes for other water sports such as Water Polo
- Competitive programmes start at 8 years and go up to 19 years; the criteria to enter each squad and the commitment required is available from the Aquatic Director upon request.

High-performance pathway

- Mount Albert Grammar School Team
- MAGS Swim Club - Competitive Team
- Regional and National Representative Teams



Director/Coach: Daryl Cartwright

- Basketball New Zealand Coach of the Year 2017
- Head Coach of the NZ Junior Tall Blacks
- Former Coaching Director of Auckland Basketball
- Assistant Coach of Auckland Pirates 2012 (National Champions)
- Coach of MAGS' Premier boys basketball team
- Former New Zealand Tall Black
- Played in the NZ National Basketball League for 17 years
- Assistant Head of MAGS Physical Education Faculty

Year groups involved

Years 9 and 10

Uniform

- Basketball Academy shirt
- PE shorts
- Training shoes (own)

Facilities

Two gymnasiums

Lesson content

Training occurs before school 7.15am-8.15am twice a week. Trainings are timetabled lessons that students are expected to attend.

Fundamental skill development, positional play, tactical awareness, games for understanding, physical conditioning.

Team pathway

- U15, U17, Premier

Days of competition

- Midweek games after school

High-performance pathway

- Mount Albert Grammar School Premier team
- Auckland Representative teams
- New Zealand age group teams
- US College Scholarship
- Tall Black/Tall Ferns
- NZ Breakers
- Professional Contract Opportunities





Director/Coach: Tony Sail

- Auckland Secondary Schools Cricket Coach of the Year 2013
- Coach of the Auckland Aces - National Championship winners 1999-2002
- Director of Elite Player Development for Auckland Cricket 1998-2003
- Coach of NZ Cricket Development Squad 1998-1999
- NZ Cricket Level III
- Australian Cricket Level III
- International Coaching Effectiveness Programme (Massey University)
- Teacher of Physical Education, English and Social Sciences for 35 years

Year groups involved

Years 9 and 10

Uniform

- Cricket Academy shirt
- PE shorts
- Training shoes/ cricket shoes (own)
- Cricket whites (own)

Facilities

Cricket nets, cricket pitches, gym, offsite all-weather facilities at Eden Park and Cornwall Park

Lesson content

Skill development, games for understanding, scrimmaging/tactical awareness, physical/mental conditioning, history and development of cricket in New Zealand

Team pathway

- Morning grades, Colts, Second XI, First XI

Days of competition

- Wednesday & Saturday

High-performance pathway

- Mount Albert Grammar School First XI
- Auckland district teams
- Auckland age group teams
- Auckland High-performance Programme
- New Zealand age group teams





Football

Separate Boys' & Girls' Academies

Director/Coach: Peter Smith

- Head Coach of Waikato Bay of Plenty Football's ASB National Premiership Squad, 2013-current.
- Eight years with Waikato Bay of Plenty Football as Development Manager and Head Coach of its Youth Squad.
- NZ Football National Talent Centre coach from 2010-2013.
- Four years at Dundee United Football Club preparing high-performing youth players for potential selection for top teams.

Year groups involved

Years 9, 10 and 11

Uniform

- Football Academy shirt
- PE shorts
- Football Academy socks
- Football shoes/football boots (own)
- Shin pads (own)
- MAGS shower jacket

Facilities

Football fields, gym, classroom

Lesson content

Technical, tactical, physical, mental

Team pathway

- Boys: 13A, 14A, 15A, Second XI, First XI
- Girls: Junior A, Second XI, First XI

Days of competition

- Girls – Wednesday afternoons
- Boys - Saturday

High-performance pathway

- Mount Albert Grammar School First XI
- National Youth League
- FTC/NTC squads
- New Zealand age group and national teams
- American universities
- Hyundai A League
- Professional opportunities worldwide





Netball

Director/Coach: Kylie Leota

- Assistant Coach MAGS Premier 1
- ACT State League Champion Team member 2015
- MAGS Premier Team AKSS & UNISS Champion Team member 2007

Year groups involved

- Years 9 and 10

Uniform

- Netball Academy shirt
- PE shorts or navy PE trackpants
- MAGS sports hoodie
- Training shoes (own)

Facilities

Courts, classroom

Lesson content

Skill work, game analysis, tactics and physical conditioning, preparation for transition to Premier team

Team pathway

- Please refer to the Netball Pathways document on the website www.mags.school.nz

Days of competition

- Saturday

High-performance pathway

- Mount Albert Grammar School Premier Team
- NZSS Squad
- Auckland regional age group teams and high-performance academies
- Beko National League
- ANZ League
- NZ U21 squad
- Silver Ferns





Rowing

Separate Boys' & Girls' Academies
in year 9, co-ed in year 10

Director/Coach: John Cook

- Representative rower
- Professional rowing coach with MASGROW
- Dip.Bus.Admin, B.Ag.Sci

Year groups involved

Years 9 and 10

Uniform

- Rowing Academy shirt
- PE shorts
- Training shoes (own)

Facilities

Gym with 16 rowing machines, weights room,
access to West End Rowing Club

Lesson content

Development in the areas of technique, tactics,
physical ability and mental/social skills

Team pathway

- Novice squad, Intermediate squad,
Premier squad

Days of competition

- Weekend regattas

High-performance pathway

- Mount Albert Grammar School
Premier crews
- Auckland Light Blues
- North Island U18s
- New Zealand Juniors
- Auckland RPC
(Regional Performance Centre)
- NZ U23
- NZ Elite





Rugby

Director/Coach: Nicholas Leger

- IRANZ facilitator and Counties Manukau Academy Player Development Manager

Year groups involved

Years 9, 10, 11. Year 11 students study NCEA Level 1 Physical Education Achievement Standards specialising in Rugby.

Uniform

- Rugby Academy shirt
- Rugby Academy shorts
- MAGS rugby socks
- Rugby boots (own)

Facilities

Rugby fields, gym, weights, swimming pool, courts, classroom

Lesson content

Covers the NZ Rugby Union's five pillars of player development - technical, tactical, mental, holistic and physical.

Team pathway

- U14A, U15A, U16A, 7A, 6A, 5A, 4A
Second XV, First XV

Days of competition

- Girls - Monday
- Boys - Saturday

High-performance pathway

- Mount Albert Grammar School First XV
- Auckland Secondary Schools team
- New Zealand Secondary Schools team
- Provincial union development contracts





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