

Isla Thompson

In the first of a new feature for the sports department at Mount Albert Grammar School, we asked the Girls Orienteering Captain Isla Thompson a few questions about her sporting journey and how she is handling lockdown. She was nominated by Boys Orienteering Captain Aidan Skinner and team member Seth Dean for having such a positive outlook on her involvement with orienteering and school life.



Name: Isla Thompson
Year Level: 13
Sport: Orienteering

1. How did you get into Orienteering?

My older brother was very involved in Orienteering at MAGS, so I joined as well.

2. What do you like best about playing sport for MAGS?

There's great team spirit in MAGS teams, and we are all so supportive and encouraging of each other, helping each other to be the best we can be. We get to go to so many amazing tournaments and compete in lots of events representing our school. It also gives me a great opportunity to meet new people. Over the last five years, I have met so many great people, not only from MAGS but competitors from other schools. Playing sport for MAGS has taught me so many valuable skills, including teamwork and leadership.

3. Who has been your biggest influence and why?

My older brother Liam; he has always worked hard and achieved well in Orienteering and encouraged me to do the same.

4. To date what has been the biggest highlight in Orienteering?

Last year my relay team placed third in the North Island Secondary School Championships, which is the first time a MAGS girls team made the podium at this competition. As well as this, the MAGS girls team placed third in New Zealand for the first time, which was such a great achievement for the whole team.

5. How have you managed to keep active over the lockdown period?

Our coach held a competition for all of our team members which involved doing running, workouts and other fitness challenges to gain points. It was a great way to stay active and competitive!

6. What has been the hardest challenge during the lockdown period?

Not seeing as many people! Especially when training, we do a lot of practice as a team so I definitely miss seeing everyone.

7. What are you looking forward to the most after the lockdown period?

Getting back to school and seeing everyone in person – and getting back to a normal training routine with everyone.

8. What are your personal goals for the remainder of 2020?

Continue to lead my Orienteering team the best I can, and encourage more girls to get involved in orienteering.