

## **Student Sport Spotlight**

This week we feature Girls Premier Lacrosse Captain Saira Khan. She was nominated by Mrs. Johns in the Sports Department.

We asked Saira a few questions about playing lacrosse and how she is handling the current lockdown:



**1. How did you get into the sport/s you currently play?**

I used to watch a TV show called 'Teen Wolf' that showed boys' lacrosse being played and I was interested in that sport. I didn't realise it was an actual sport that I could play in New Zealand. When I went to MAGS and found out there was lacrosse, I had to try it out. I was a bit disappointed that you couldn't shove people in girl's lacrosse since it has minimal contact rules, but it is awesome nevertheless and I love it.

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

I am so lucky to play lacrosse for MAGS as it is a new emerging sport which other schools do not have. I have met amazing girls along the way and cherish my team greatly. The best part about playing lacrosse for MAGS is the strong connection I have been able to build with my team which translates amazingly onto the field.

**3. Who has been your biggest influence and why?**

My good lacrosse friend Reese Jacques. She has represented NZ in the U19 World Cup and is training with the NZ national team at the moment, so she is really skilled and always gives help when needed in training. She has also been the MAGS Premier coach for 3 years and has helped me develop my skills. We are team mates in our club Westforce Wildcats. I aspire to achieve her level of fitness and skill in lacrosse as she is an absolute beast.

**4. To date what has been your biggest highlight in your chosen sport/s?**

Being named co-captain of the Auckland U15 team.

**5. How did you feel when the football season ended suddenly and tournament week was cancelled for the second straight season?**

I was so gutted! I really was looking forward to bonding more with my team and having a blast at what would have been my final nationals. Sadly nationals were also cancelled last year as well so I was even more devastated that my team and I could not play this year.

**6. How have you managed to stay active during the lockdown period?**

Luckily I have a treadmill and some weights at home so I exercise regularly.

**7. What has been the hardest challenge during the lockdown period?**

Managing and balancing my time between school work and video games. Since I tell myself that once I get some school work done, I take a half an hour break to relax and play video games...nope, that half an hour turns into 3 hours and my work is due very soon. Oops.

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

Getting back into lacrosse! I can't wait to play for my club Westforce Wildcats and meet all my lacrosse friends again!

**9. What are your personal goals for the remainder of 2021 and beyond?**

Hopefully get good grades if the end of year exams are still on, and go to Auckland university to study something in media.