



AVCOL PLUS+

FOR INTERNATIONAL STUDENTS

+ HOCKEY

School Teams: 1st XI Boys, 1st XI and 2nd XI Girls for Avondale College

Club Teams: Western Districts Hockey Club
www.westernhockey.co.nz (on Avcol turf)

Play hockey for school and club

Jan – Mar: Club Thursday night competition Open Mixed 7 a-side Competitive A, Social B and Social C

May – Aug: Interschool competition – training and Thursday games

Attend NZ Blacksticks National Team match (to be confirmed)

Approximate Additional Programme Costs: \$500
Travel additional.

WHAT IS INCLUDED?

Students who join the programme must bring their own turf shoes. As part of the programme they are provided with Avondale College playing shirt, tickets to at least one professional hockey match in Terms 1 or 2, and training sessions.



+ RUGBY

Rugby is New Zealand's favourite sport and one of the most important sports at Avondale College. We have excellent sports facilities, including three playing fields, two indoor gyms, a floodlit training surface for evening training, and a fitness centre for our top athletes.

AvcolPLUS Rugby develops young rugby players the Kiwi way – by getting the basics done right, playing with your friends and being immersed in the Kiwi rugby culture. Culture and respect are an important part of the game and every student will learn to do the Avondale College haka (Māori ceremonial war dance) as part of their programme.

Train with your NZ rugby team (in 7-a-side, 10-a-side and 15-a-side teams)

Feb – Apr: Pre-season testing & team selection, training & games, attend Blues professional Super XV game

Apr – Jun: Interschool Competition: training and Saturday games

Jul – Aug: 4 weeks of Interschool competition. Students who wish to join Term 3 of the Avondale College International Rugby Programme, must have participated in the programme during Term 2.

Sept – Nov: Touch Rugby and Sevens options available outside terms 2 and 3

WHAT IS INCLUDED?

Students who join the programme must bring their own rugby boots. As part of the programme they are provided with Avondale College playing jersey, rugby shorts, tickets to at least one professional rugby match in Terms 1 or 2, training sessions as stated above.

ADDITIONAL PROGRAMME COSTS

Term 1 only \$350 | Term 2 only \$350 | Term 2 & 3 \$500 |
Term 1 & 2 \$600 | Terms 1, 2 & 3 \$800

APPLICATION DETAILS TO SEND WHEN APPLYING

- your playing history including position(s) you play
- weight (in kgs) and height (in cms)
- date of birth
- video footage of you playing (if possible) to assess your playing ability



+ OUTDOOR EDUCATION

Explore the great New Zealand outdoors with our specialist Avcol PLUS programme.

Embrace your passion for nature and explore New Zealand/Aotearoa's outdoor playground by enrolling in our Year 12/13 Outdoor Education course. Designed for those who love outdoor activities and the environment, this course combines in-class theory with out-of-class adventure!

ACTIVITIES MAY INCLUDE:

- Hiking in some of New Zealand's most scenic locations
- Water-based activities such as kayaking, rafting and more
- Mountain biking
- Adventure racing & orienteering
- First aid and survival skills – and more!

YOU WILL NEED:

Appropriate outdoor clothing for any activities outside of the school according to the school's EOTC policy.

COSTS:

Will vary depending on trips offered (but is approximately \$850 for the full year). This is a timetabled subject option for students in Year 12 and 13, and runs from February to October. Places are limited and subject to availability.



+ GOLF

The golf programme is designed to enhance individual performance and sport related skills for high achieving sportspeople.

The opportunity to train and play golf in New Zealand throughout the school year offers these athletes the time to hone existing skills and to learn and develop a wide range of new skills, build confidence, learn good sportsmanship, make friends, understand rules and learn the game of golf, whilst on exchange.

International Students Golf consists of membership at one of the following golf clubs:

- Titirangi: www.titirangigolf.co.nz, or
- Akarana: www.akaranagolf.co.nz, or
- Chamberlain: www.chamberlainpark.co.nz as a Junior Member, plus playing for Avondale College.

Club Junior membership, access to top coaching by a golf professional, swing analysis and competition tournaments are key components of the AvcolPLUS Golf Programme.

Teacher In Charge who manages the International Students golf programme whilst they are in NZ.

COSTS

Additional \$850 for golf club membership above International Student Costs. Coaching, swing analysis and travel additional.

