

## AUCKLAND SOFTBALL POWERHOUSE

One Tree Hill College has been one of New Zealand's dominant schools in the sport of Softball. The college has built upon its many softball national titles to embrace this international sport. Our link with local clubs has international players coaching our teams.



## APPLY NOW

A limited number of places are available each year for students to be selected into the Sports Academy.

Students who successfully participate in the Year 9 programme will be given priority entry into the Sports Academy in Year 10.

For more information about the One Tree Hill College Sports Academy, please contact:

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Sports Director

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One Tree Hill  
COLLEGE



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## SPORTS ACADEMY 2019



**Sporting Excellence**

[www.onetreehillcollege.school.nz](http://www.onetreehillcollege.school.nz)

## AMERICAN UNIVERSITIES

In 2016, three recently graduated students gained scholarships to attend universities in USA in football, baseball and swimming.

## ABOUT THE ACADEMY

The One Tree Hill College Sports Academy is a high performance programme aimed at developing our most talented sportsmen and sportswomen to reach the top of their respective sports.

The Sports Academy philosophy matches the college philosophy that students must be committed to their academic studies as their main priority. A strong work ethic is critical to both the academic and sporting success of students.



One Tree Hill College has a proud and successful history in Auckland and New Zealand sporting competitions.

Our sports teams compete in the premier division across a range of sports and many students have progressed to represent Auckland or New Zealand.

Students selected into the One Tree Hill College Sports Academy must play their sport for the college as their first priority, before their respective club team.

## SPORTS ACADEMY CURRICULUM

At all levels, the Sports Academy programme is a part of the curriculum. Students can gain valuable knowledge, as well as practical skills which will assist them towards achieving their NCEA.

The programme gives students the opportunity to learn the many elements of what is required to be successful, including nutrition, biomechanics, fitness, sports psychology, and the theory and history of sports.

The main sports which are focused on in the Sports Academy are rugby, netball and football, however, talented sports people from all codes will also benefit from the multi-sport and nutritional aspects of this elite sports programme.



## EXPERT COACHING

The college focuses on investing in the very best coaches to develop sporting talent and has arguably one of the best line-ups of coaches of any secondary school in New Zealand. Many premier coaches have coached at either Auckland or national level.



**NURTURING THE SPORTING TALENT OF OUR STUDENTS BOTH ON THE SPORTS FIELD AND IN THE CLASSROOM**