



Westlake Girls High School



www.westlakegirls.school.nz

For further information please contact our Sports Director
on 09 489 4169 or sport@westlakegirls.school.nz

CYGNET Programme

Challenging Youth to Grow Through Nurturing Emerging Talent

ABOUT CYGNET

Westlake Girls High School is a leading New Zealand sporting school with a proud history of sporting excellence. Year 9 and 10 students who demonstrate a high ability and commitment to their chosen sport may apply to join the CYGNET (Challenging Youth to Grow through Nurturing Emerging Talent) Programme. This programme aims to develop and nurture the skills of elite athletes at junior level.

An innovative collaboration between Sport, Physical Education and Health

CYGNET is an innovative, cross-curricular programme aimed at developing key sporting skills. Timetabled as a curriculum subject, CYGNET participants attend three periods in a six day timetable, growing confidence both interpersonally and in their sport of choice. Sports Science theory covers basic anatomy and biomechanics, sports injury prevention, principles of training, nutrition, goal setting and sport psychology, along with core Health.

Sports codes included in CYGNET

CYGNET sports codes are Football, Hockey, Netball, Rowing and Tennis. A requirement of students in the CYGNET programme is that they must represent the school in that sport.

Specialist Coaches

Code sessions in the above CYGNET sports are run by specialist coaches.

Facilities

CYGNET students access Westlake's world class hockey turf, FIFA Level 2 artificial football fields, covered netball and tennis courts and fitness centre. CYGNET rowing uses the North Shore Rowing Club.

Student Feedback

"CYGNET PE class focuses on sports we excel in and we are with people who are into sport, which makes the classes extra fun."

"We enjoy learning from elite coaches in our code sessions."

"CYGNET classes give me more time to develop my skills outside club and school trainings."

Year 8 Applications

Year 8 applications are invited to apply after the Open Evening in July. Year 8 students must complete the CYGNET Application Form which can be downloaded from the Westlake Girls website and bring it with them to their enrolment interview.

Year 9 Applications

Year 9 CYGNET students must reapply to continue in CYGNET and applications are invited in September. Application forms can be downloaded from the Westlake Girls website.

Selection

Applicants in Year 8 and Year 9 all undertake CYGNET sports testing to be considered for the following year's programme. There are strict selection criteria and there are always more applications than places. Consideration in the first instance will be given to Year 8 students demonstrating a high level of ability and commitment to their chosen sport. For more information contact sport@westlakegirls.school.nz or phone the Sports Director on 09 489 4169.

SPORTS CODES



Football

CYGNET Football strengthens skills, decision-making, tactical football knowledge, balance, coordination, speed and agility in an environment that improves individual confidence and all round ability.



Hockey

CYGNET Hockey develops an understanding of hockey's strategic requirements, while participants improve on their individual skills, game play and correct technique. Students will also learn basic motor principles, how to warm up correctly, diary keeping, strength and conditioning, and goal setting.



Netball

CYGNET Netball focuses on developing foundation skills in players to allow them to gain a strong understanding across movement, attacking, defending, shooting, tactical and ball skills in the game. It prepares them for an elevated level of performance netball that allows them to attain representative honours while at Westlake Girls. The four-term module structure also covers important areas like leadership, team culture and competitive spirit.



Rowing

CYGNET Rowing accesses specialised gym equipment to develop core health and fitness while the Year 9 participants learn the basic rowing stroke and teamwork. Year 10 participants extend existing skills in small boats and undertake advanced components of strength and conditioning. CYGNET participants commence rowing for the school in September, with the season extending until early April.



Tennis

Kiwi Tennis oversees CYGNET Tennis, inspiring and challenging participants to improve through quality coaching and training sessions during the year. Training sessions include serving, offensive and defensive skills, movement off the ball and strategic game play.