Football

CYGNET Football strengthens skills, decision-making, tactical knowledge, balance, co-ordination, speed and agility in an environment that improves individual confidence and all round ability. CYGNET Football students are expected to represent the school.

Hockey

CYGNET Hockey develops an understanding of Hockey's strategic requirements, while participants improve individual performances. This programme will enhance the student's skill development in an environment that extends them as an athlete. CYGNET Hockey students are expected to represent the school.

Netball

CYGNET Netball covers passing, catching, footwork, movement of the ball, tactical awareness and mental preparation. This programme will enhance the student's skill development in an environment that extends them as an athlete. CYGNET Netball students are expected to represent the school.

Rowing

CYGNET Rowing focuses on developing core health and fitness. Year 9 students learn the basic rowing stroke and technique. Year 10 students focus on existing skills in small boats and componenets of strength and conditioning. CYGNET students commence rowing for the school in September, with the season extending until early April.

Tennis

CYGNET Tennis focuses on challenging participants to continuously improve, through quality coaching and training sessions all year. CYGNET Tennis students will receive coaching and skill development from experienced tennis professionals. Students in the programme are expected to represent the school.

CYGNET Programme

About CYGNET

Westlake Girls High School (WGHS) is a leading New Zealand sporting school with a proud history of sporting participation and excellence.

Year 9 and 10 students who demonstrate a high ability and commitment to their chosen sport may apply to join the CYGNET programme. This programme aims to develop and extend skills of promosing athletes by offering sport specific training and topics related to athlete development.

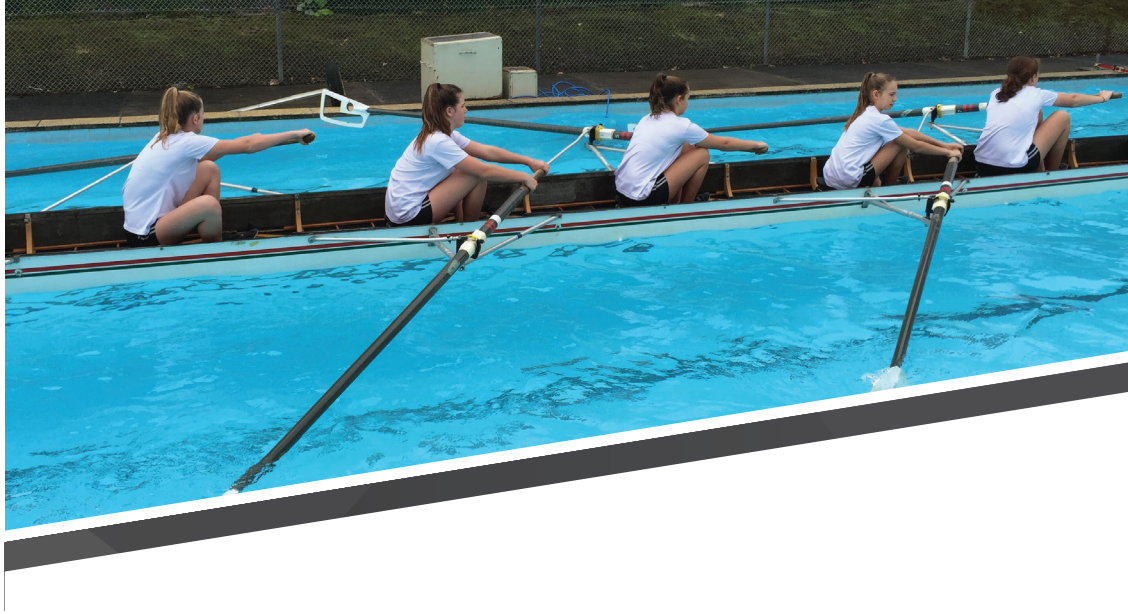
CYGNET is an innovative, cross-curricular programme aimed at developing motivated athletes. Timetabled as a curriculum subject, CYGNET students attend three periods in a six day timetable, growing confidence both interpersonally and in their sport of choice. Additional to physical education classes, students will also cover fitness, strength conditioning, nutrition, sports science, skills training, mental skills and core health. Lessons are always positive, challenging and focus on extending the students.

Sports codes included in CYGNET are:

- Football
- Hockey
- Netball
- Rowing
- Tennis

Specialist Coaches

Code sessions in the above CYGNET sports are offered by experienced specialist coaches for one period in each six day timetable.



Facilities

The CYGNET programme utilises Westlake's world-class Hockey turf, FIFA Level 2 artificial football fields, covered netball and tennis courts and fitness centre. CYGNET Rowing makes use of the North Shore Rowing Club located at Lake Pupuke.

Year 8 Applications

Year 8 applications are invited after the Open Evening in July. Year 8 students must complete the Year 9 CYGNET application form available on the WGHS website under Sport/CYGENT Programme.

Year 9 Applications

Year 9 CYGNET students must re-apply to continue in Year 10 CYGNET. Applications are accepted in late September with application form available on the WGHS website under Sport/CYGNET Programme.

Selection

Following the application process, selected Year 8 and 9 students will be invited to trial to be considered for the following year's programme. As a condition of the CYGNET Programme, students must represent Westlake Girls High School in their chosen sport. Information regarding fees and uniform are available on the school website.

For more information contact:
Liz Page
Director of Sport
lpage@westlakegirls.school.nz
09 489 4169 ext 715