



Westlake Girls High School
Te Kura Tuarua o ngā Taitamawāhine o Ururoto

CYGNET
PROGRAMME



Facilities:

The CYGNET programme utilises Westlake's world class hockey turf, FIFA level two 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 and in 2026 CYGNET introduced Year 9 Basketball which trains at the Eventfinda Stadium in Wairau Valley.

Year 8 Applications:

Year 8 applications are invited after Open Night. Year 8 students must complete the Year 9 CYGNET application form available on the WGHS website under Sport/ CYGNET Programme. CYGNET Applications close at the end of Term 3.

Year 9 Applications:

Year 9 CYGNET students must re-apply to continue in Year 10 CYGNET. The trial for Year 10 CYGNET is held during a CYGNET code class at the beginning of November. Success as year 9 Cynet does not guarantee placement in Year 10, as the number of available places in each year group is limited.

All CYGNET application forms are available on the school website under Sport/CYGNET Programme. Applications are accepted online and close at the end of Term 3. Students will be notified about the Trial Dates and Process.

Selection:

Following the application process, selected Year 8 and 9 students will be invited to trial under the guidance of experienced coaches of Basketball, Football, Hockey, Netball and Rowing. For Year 8 Triallists, the selections will be held at the end of October with invitations sent out to successful students in mid-November. The final list of Year 8 CYGNETS will be announced at the start of December. For Year 9 Triallists, they will be emailed and notified about trial dates before the end of October.

As a condition of the CYGNET Programme, students must represent Westlake Girls High School in their chosen sport. Information regarding the programme and uniform is available on the school website, which includes, a white CYGNET T-shirt, black P.E shorts and a black pullover top. The CYGNET programme fee is \$250 per year.

April Ieremia
Director of Sport
aieremia@westlakegirls.school.nz
09 489 4169 ext 704

About CYGNET

Westlake Girls High School 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 the skills of promising athletes in targeted sports by offering sport-specific training by expert coaches once a week and topics related to athlete development.

CYGNET is an innovative, cross-curricular programme aimed at developing performance motivated athletes. In addition 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 and challenging and focus on extending the students.

Sports codes included in CYGNET are:

- Basketball
- Football
- Hockey
- Netball
- Rowing

Specialist Coaches

Code sessions in the above CYGNET sports are offered by experienced specialist coaches for one period in each week for Year 9 students and one period in each 10-day timetable for Year 10 students.





Basketball

As one of the more popular sports at Westlake Girls, the CYGNET Basketball will prioritise the development of students' technical skills, tactical knowledge, and collaborative team-building abilities, thereby fostering both individual proficiency and cohesive team performance. CYGNET Basketball students are expected to represent the school.



Football

CYGNET Football strengthens skills, decision-making, tactical knowledge, balance, coordination, 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 the core skills of ballwork, footwork, movement, tactical positioning, competitive excellence and mental preparation. This programme will enhance the student's skill development in the school's largest. 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 components of strength and conditioning. CYGNET students start rowing for the school in September, with the season extending to the end of Term 1.