



Worlds Secondary School 7s 2020





Welcome!

Kia Orana,

Cook Islands Rugby New Zealand Incorporated are happy to inform you that your child has been accepted as a Representative of the Cook Islands in the upcoming Worlds Secondary Schools 7s Tournament 2020

This is a wonderful experience for our young Cook Islands youth, and we thank everyone for your continuous support throughout this process.

Our Team have worked tirelessly to ensure all aspects of this journey is met, to give our children the opportunity to represent our Nation and to enjoy their experience; with the hopes that they become and or continue to be the future representatives of our National Team.

Our Vision is “Fielding the future Cook Islands” and we are committed to giving our Cook Islands children in New Zealand every opportunity to make this vision a reality.

Our Core Values is “One Family with One Goal” and we welcome our Cook Islands Communities from across New Zealand to be part of this experience.

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Tournament Information

Date: Saturday 19th December 2020

Time: 9am 6.30pm

Venue: Pakuranga United Rugby Club

Address: 78 Bells Rd, Pakuranga Heights

- Transportation will be provided for our whole team to go from camp to the tournament and back to camp. If your child is part of the team, we ask that no other arrangements are made in regard to transportation to and from the tournament, as we want our teams to travel together. *If you want to collect your child from the tournament, please make arrangements with the Manager of your child's team prior to the 19th*
- Our teams will depart the Ardmore Flying School at 7.30am for the Pakuranga United Rugby Club. First game is at 9am and it's important that our teams get enough time to settle in at the Tournament and get ready for their games.
- A tent site will be allocated to each team for shelter and we will remain at our allocated site for the duration of the tournament.
- Lunch will be provided for the teams at the tournament.
- Please see attached draw for the day.

Rules and Expectations for the Tournament Day

- **Team Behaviour**
Your child has been selected as a representative the Cook Islands Rugby Team so good team behaviour is expected throughout the whole tournament.
While we're confident that our players will behave exceptionally, we need all players to know we want to see good manners and great team sportsmanship. If any player behaves inappropriately, this may result in less game play.
- **Side-line parents and supporters**
We parents, families and friends are welcome to come along. We encourage you all to come and support your family at play, however, we ask that we all respect the Roles of our Management team and please let the Team Managers handle any issues on game day. No one should approach the referees or come onto the field for injuries. There is a process that we need to keep to.
Any concerns please bring this to the attention of their Manager after the game.



Camp Information

Waikato (Girls)

Date: Mon 14th – Thur 17th

Venue: Melville High School

Address: 6 Collins Road, Deanwell, Hamilton 3206

Arrival: 3pm, Mon 14th

Departure: 9am, Thur 17th

Auckland (Boys and Girls)

Dates: Wed 16th – Sat 19th

Venue: Ardmore Flying School

Address: 2 Harvard Lane, Ardmore, Auckland 2582

Arrival Time: 2pm, Wed 16th

Departure Time: 8pm, Sat 19th

These dates were set to ensure all players spend ample time together, and with their Coaches for team bonding and building on game strategies.

The venue provides facilities that enables us to keep the girls separated from the boys at all times, except during meals, training and during cultural activities. We encourage all players to be in camp to make the most of the times allocated to them with their Coaches and team.

Our Team will be allocated as such to accommodate these conditions as well.

Should you have any questions please call/txt Opura Samuel 02102712415

For any persons who are wanting to stay in the camp. You are most welcome to do so, but you must be Police Vetted before Camp commences. Please don't feel offended by the request. It is a requirement by Law for CIRNZ to go through the process because we are working with players that are 18years and under.

If you do wish to be in camp, please call/text Maia 0211425134

Player families are allowed to come and see the sleeping facilities on the first day of camp. All other days we ask unless you are the approved police vetting member that you see all players at games only.

Medical

If anyone has a medical condition or needs assistance with a medical condition and hasn't already advised your team Manager, please let them know ASAP. If your child takes regular medication, please ensure they bring it along and give it to team manager including clearly marked dosage information.

Management will make sure it's administered.

Any minor injury will be handled by management at the tournament. Anything serious you will be contacted ASAP by the Managers



Camp Information Cont....

What to bring

Tournament

- Rugby Boots
- Skins – tights/top (optional)
- Head gear (optional)
- Mouthguards x2 (NO Mouthguard NO Play)

Camp

- Pillow
- Sleeping Bag (optional)
- Sheet (Single)
- Warm Blanket
- Sleep wear
- Underwear
- Toiletries
- Towels x2- Shower and pool
- Socks (optional)
- Shoes (trainers and/or slip on)
- Plastic bag for dirty laundry
- Sunblock
- Jumper/Jacket
- Shorts (Black shorts and or tights to wear with our team T-shirt's)
- Spare Tees
- Down time fun games i.e. board games, basketball etc

Team Attire

On Thursday 17th December at 7pm, we will be having a Blessing and Presentation Ceremony for our Team Attire.

We would like to invite parents and family to this ceremony

Playing gear and

Playing gears will be given to players during the presentation of the Team gears and handed back to the Managers until the distribution at the tournament

Please Note: Playing gears are the property of CIRNZ so they must be returned to the Managers after the last game.

Team T-shirt's

Team T-shirts will be presented to the Players, Managers and Coaches on Thursday 17th for the team to wear for the breakfast and team photos on Friday 18th



Camp Information Cont.....

Meals

Breakfast, Lunch and Dinner Meals will be provided for the duration of the camp and tournament

(Please see below for the weeks Menu)

Although we have the meals as part of our budget, we ask for donations of food from families to help our cause.

Thank you to those who have offered in advance for food donations. We appreciate any help we can get and we appreciate what you can give.

Menu

Days	Breakfast	Lunch	Dinner
Mon 14 th	Cereal Eggs Fruit Toast Juice/ Water	Sandwiches Muesli Fruit Juice/ Water/ Choc Milk	Burgers
Tues 15 th	Cereal Eggs Fruit Toast Juice/ Water	Wraps Muesli Fruit Juice/ Water/ Choc Milk	Bangers and Mash
Wed 16 th	Cereal Eggs Fruit Toast Juice/ Water	Sandwiches Muesli Fruit Juice/ Water/ Choc Milk	Spaghetti Bolognese
Thur 17 th	Cereal Eggs Fruit Toast Juice/ Water	Wraps Muesli Fruit Juice/ Water/ Choc Milk	Dinner with Family
Fri 18 th	We will be attending a Breakfast that is hosted by the Word's Organizers Followed by team photos	Sandwiches Muesli Fruit Juice/ Water/ Choc Milk	Chicken Carbonara
Sat 19 th	Cereal Fruit Toast Juice/Water	Sandwiches/ Sausage rolls/mini pies Muesli Fruit Juice/ Water/ Choc Milk	NA



NEW ZEALAND INC
COOK ISLANDS RUGBY

GIRLS CAMP SCHEDULE WAIKATO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
7.30AM	NA	MORNING DEVOTION			
8AM		BREAKFAST/ CLEAN UP			
8.30AM		TRAINING	TRAINING	TRAVEL TO AUCKLAND	
9AM					
9.30AM					
10AM					
10.30AM		CULTURE			
11AM					
11.30AM		LUNCH			
12PM					
12.30PM					
1PM					
1.30PM		PERSONAL TIME			
2PM		CHECK IN	TRAINING		
2.30PM					
3PM					
3.30PM		TRAINING	REFER TO AUCKLAND CAMP SCHEDULE		
4PM					
4.30PM					
5PM	DINNER/ CLEAN UP				
6PM					
7PM					
7.30PM	EVENING DEBRIEF				
8.30PM	DEVOTION				
9PM	PERSONAL TIME				
10PM	LIGHTS OUT				

COMBINED CAMP SCHEDULE AUCKLAND

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
6.30AM	NA	NA	DEVOTION	DEVOTION		
7AM			BREAKFAST EVENT TEAM PHOTOS	BREAKFAST		
7.30AM		DEVOTION				
8AM		BREAKFAST/ CLEAN UP				
8.30AM		TRAINING		GAME DAY		
9AM						
9.30AM						
10AM		CULTURE				
10.30AM						
11AM		LUNCH				
11.30AM						
12PM						
12.30PM						
1PM						
1.30PM		PERSONAL TIME				
2PM		CHECK IN			TRAINING	CAPTAINS RUN
2.30PM						
3PM						
3.30PM		TRAINING			CHECKOUT	
4PM						
4.30PM						
5PM	DINNER					
6PM	DINNER	BLESSING AND PRESENTATION	DINNER			
7PM	CULTURE					
7.30PM	DEBRIEF		DEBRIEF			
8.30PM	DEVOTION		DEVOTION			
9PM	PERSONAL TIME					
10PM	LIGHTS OUT					



Team Ethics and Culture

- Be Punctual

Arrive 15mins before start time

- Be Prepared

Arrive with all required playing gear

- Be a Team Player

Attend Trainings even if you are injured, to show support for your team

- Listen to Learn

There is only one coach, be ready to learn

- Be Patient

No two people are the same. Practice makes perfect!

- Be Resilient

Better never stops! We will try, try and try again!

- Be Helpful

We have a responsibility to ourselves and each other. We will always help each other

- Be Respectful

We all come from humble beginnings and have the same goal. Respect yourself and your team

- Be Positive

Arrive with a positive attitude and ready to train as a team

- Be Proud

Wear your country with pride



Major Sponsors



We would like to thank all sponsors who have donated to our cause through monetary means, food and transport. We thank you

To the many who has supported us through buying our weekly raffles for the last 8weeks. We thank you

We couldn't have reached our Vision for our children, without you all. We thank you

Contacts

- CIRNZ Rep:** **Opura Samuel (Development Officer)**
Lacynthia Mato (Fundraising Manager)

- Medic/Physio:** **Tahlia Connal**

- U18 Girls:** **TK Moeke (Head Coach)**
Matt Chandler (Assistant Coach)
Beniamina Koiatu (Assistant Coach)
Lahaina Moeke (Team Manager)

- U18 Boys** **Anthony John (Head Coach)**
Joel Burns (Assistant Coach)
Callena Lewis (Manager)