



HAMILTON BOYS'
HIGH SCHOOL

Te Kura Tamatāne o Kirikiriroa



Hamilton Boys' High School

INTERNATIONAL

WATER POLO

PROGRAMME



International Water Polo Programme

Hamilton Boys' High School offers ambitious international students the opportunity to combine a high-quality New Zealand education with participation in one of the country's leading school water polo programmes.

International students join the existing HBHS pathway and are selected into the team that best matches their age, ability and developmental needs. Strong athletes may compete for places in the Senior Premier team, while our nationally competitive second and junior teams provide high-quality environments for continued development.

The programme is designed for students who want to improve as water polo players while developing the English, academic habits, independence and confidence required for future tertiary study in an English-medium environment.

WHAT YOU CAN EXPECT

- ▶ Placement in an HBHS team appropriate to age, ability and developmental needs.
- ▶ Regular pool, gym and team-based training within a periodised year plan.
- ▶ Individual feedback, goal setting and the opportunity to receive a written player assessment.
- ▶ Detailed team and individual video analysis, with most games filmed.
- ▶ High-quality technical, tactical and decision-making coaching.
- ▶ Strong links into Waikato age-group and senior club water polo.
- ▶ Access to specialist skill sessions, development laboratories and individual coaching where available.
- ▶ Guidance towards future New Zealand, Australian, junior college and NCAA opportunities.

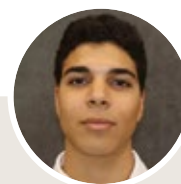
FULLY INTEGRATED

International students are not placed into a separate training group. They become part of HBHS Water Polo and are expected to earn their opportunity in the same way as every other student.



The programme helped me build lifelong friendships, develop a much deeper understanding of the goalkeeper position and discover opportunities that I did not know were possible. Through HBHS, I was able to grow not only as a player, but also through coaching, refereeing and leadership. HBHS provided me with an environment that was both highly demanding and genuinely supportive. I would recommend it to any international student because it offers an outstanding balance between professional development, strong personal relationships and genuine care for each student. It remains one of the most influential programmes I have ever been part of.

Sherif Hosni



Recent Successes

HBHS Water Polo has developed from a Division 2 programme into one of New Zealand's most consistent school performers. Since 2021, the Senior Premier team has finished in the top four at every contested North Island and New Zealand Secondary Schools Championship.



New Zealand Secondary Schools
Champions 2021, Silver 2019, 2022, 2026, Bronze 2023, 2024



North Island Secondary Schools
Champions 2021, Silver 2022, 2024, 2025, 2026, Bronze 2023



Waikato Secondary Schools Champions
2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026



Australian Youth Championships
U16 Green Division Champions, 2024

DEVELOPING REPRESENTATIVE ATHLETES

Since 2019, HBHS has been one of New Zealand's leading producers of age-group national-team athletes, with approximately 20 selections across U16, U18, and U20 World Championship programmes.

- ▶ Regular New Zealand age-group and senior representative progression.
- ▶ International competition and development tours, including Australia and South Africa.
- ▶ A programme with strong links into Waikato age-group, U21 and Senior Men pathways.

A PROVEN DEVELOPMENT PATHWAY

HBHS is proud not only of its results, but of the significant improvement athletes make as they progress from junior to senior water polo.



A Year-Round Water Polo Pathway

Water polo at HBHS is a year-round pathway rather than a short school season. Students can access school competition, Waikato club programmes, structured physical preparation, technical development and international experiences across the academic year.



Period	Primary Focus	Typical Opportunities
Term 1	Senior school competition	Traditional exchanges, Waikato and Tauranga competition, Old Boys series, Delfina Super City, NISS and NZSS.
Term 2	Club and age-group competition	Waikato U16, U18 and U21 programmes, with national age-group championships during the July holidays.
Term 3	Junior season and senior rebuild	Junior Sea Wolf league, senior gym and conditioning, pre-season skill development and U16 national competition.
Term 4 and Summer	Junior championships and Premier preparation	Junior NISS, senior skill sessions, Trans-Tasman competition and a January training camp.

TEAM STRUCTURE

- ▶ Junior Premier and Junior 2nd team.
- ▶ Senior Premier, Senior 2nd and Senior 3rd teams.
- ▶ Strong links into Waikato U14, U16, U18, U21 and Senior Men water polo.
- ▶ Team placement is determined through trials and ongoing training performance.
- ▶ Once enrolled, international students are considered in the same way as domestic students.

A full-year placement provides the most complete academic and sporting experience. A Terms 1–2 placement can also be worthwhile because it includes the main senior school season and important club age-group opportunities.



High-Performance Coaching and Athlete Development

Our aim is not simply to place athletes into games. We want each student to become a more complete player and a more capable young man. Training combines technical development, game understanding, physical preparation, video analysis and personal growth.

TRAINING ENVIRONMENT

- ▶ The Senior Premier squad may complete 8–12 pool, gym and analysis sessions per week, depending on the periodised phase of the year.
- ▶ The Senior 2nd team typically completes 5–7 sessions per week.
- ▶ Junior teams generally complete 3–5 sessions per week during their season.
- ▶ Training sessions are normally around 90 minutes and are commonly held before or directly after school.
- ▶ Coaching uses game-based learning, detailed feedback and highly developed video analysis.

STRENGTH, CONDITIONING AND TESTING

- ▶ A structured programme progressing through movement foundations, strength, power, in-season maintenance, tapering and recovery.
- ▶ Water-polo-specific focus on swimming speed, repeated-effort capacity, leg strength, shoulder health, rotational power, mobility and injury resilience.
- ▶ Testing may include 25m, 100m and repeated 100m swimming, leg and vertical testing, strength testing, body composition, wingspan and movement screening.
- ▶ Sessions are supervised by HBHS staff and planned with guidance from Foundation Physiotherapy.

COACHING EXPERTISE

Rahiti Teokotai-White — HBHS Head Coach

New Zealand age-group coach across multiple World Championship cycles, including New Zealand U18 Head Coach in 2018 and 2022 and New Zealand U16 Head Coach in 2024.

Current Waikato Men's National League Head Coach and HBHS Head Coach since 2018.

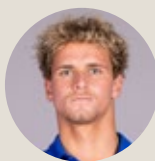
The wider programme is supported by experienced school coaches, Waikato water polo links and occasional assistant or guest coaches with New Zealand age-group, senior, NCAA and overseas club experience.



When I first joined the HBHS Water Polo programme, I was not the fastest swimmer, had limited technical skills and was still developing my understanding of the game. Through the support of Ra, the wider coaching group and senior players, I improved my water polo IQ, technical ability, strength, athleticism and, most importantly, my confidence.

The training environment was demanding and extremely high quality. At times, we completed more than 12 sessions each week across pool training, gym work, swimming and video analysis. The standards, accountability and daily commitment expected within the programme helped shape me as both a player and a leader.

HBHS gave me the foundation to progress from New Zealand age-group water polo to Balmain Tigers, San José State University, Los Angeles Athletic Club and the Australian Sharks squad. For any ambitious international student wanting to grow as an athlete and a person, HBHS is an outstanding opportunity.



Samuel Keightley

HBHS 2020–2024 | Utility
New Zealand U18 Representative
San José State University
WCC Champion and All-American
Los Angeles Athletic Club
National League Champion
Australian Sharks Squad

Education, English, and Life at HBHS

The HBHS International Water Polo Programme is an education-first opportunity. Students prepare for tertiary study through an English-medium curriculum while using English every day in classrooms, training, team meetings, video analysis, boarding or homestay life and friendships.

ACADEMIC AND ENGLISH SUPPORT

- ▶ NCEA Levels 1–3, NZQA Scholarship classes and IGCSE options.
- ▶ Nine English Language Learning classes across a range of levels.
- ▶ IELTS preparation support and guidance.
- ▶ Free additional tuition in core subjects when required.
- ▶ A broad curriculum that can be aligned with future tertiary goals.
- ▶ A welcoming school community of approximately 2,300 boys representing more than 60 nationalities.

FACILITIES

- ▶ A 20-hectare school campus with purpose-built learning spaces.
- ▶ An on-site heated outdoor swimming pool complex.
- ▶ A modern gymnasium and fitness centre.
- ▶ A climate-controlled indoor multi-purpose training facility.
- ▶ A wide range of clubs, arts, outdoor education and other sporting opportunities.

ACCOMMODATION AND PASTORAL CARE

Students may live at Argyle House, the school's on-site residential hostel, or with a carefully selected and police-vetted homestay family. Argyle House accommodates up to 170 boarders and provides structured routines, resident staff, meals, friendships and direct access to school. Where available, a homestay connected to the water polo community can help a student settle quickly into team and family life. The HBHS International Centre supports students with orientation, welfare, academic progress and communication with families.

BEYOND THE POOL

The combination of school, team and accommodation helps students become more independent, confident and comfortable communicating in English.



Global University Pathways

HBHS helps ambitious athletes understand and prepare for future water polo opportunities. Pathway support is available to international students and is tailored to the athlete's playing level, academic goals and preferred destination.

PATHWAY SUPPORT MAY INCLUDE

- ▶ Assessment of current playing level and future development priorities.
- ▶ Education about NCAA, junior college, New Zealand and Australian university pathways.
- ▶ Support developing an athletic résumé and player profile.
- ▶ Advice on selecting and organising full-game and highlight footage.
- ▶ Academic planning and tertiary preparation.
- ▶ Assistance writing appropriate introductory communication to university coaches.
- ▶ Coach references and written player assessments.
- ▶ Use of filmed HBHS matches for recruitment purposes.

HBHS PATHWAY EXAMPLES

- ▶ Samuel Keightley — HBHS 2020–2024 | New Zealand age-group representative | San José State University and Los Angeles Athletic Club.
- ▶ Mitchell Keightley — HBHS 2018–2022 | New Zealand U16–U20 and World University Games | San José State University and Los Angeles Athletic Club.
- ▶ Sherif Hosni — HBHS 2019–2022 | Goalkeeper | Egypt U15 and New Zealand U19/U20 | Former international student | Mount St Mary's University, Maryland.

HBHS does not guarantee university admission, recruitment or scholarships. The goal is to prepare each student to present himself accurately and professionally while continuing to develop the academic and athletic standards required for future opportunities.



The water polo programme at Hamilton Boys' High School played a crucial role in preparing me for Division I collegiate water polo in the United States. During my time at HBHS, I learned how to work hard, become more disciplined and play intelligent water polo.

Ra creates a highly structured and professional training environment that prepares athletes for the workload and expectations of the NCAA. His understanding of biomechanics and international-level experience helped me develop strong fundamentals and improve my game intelligence.

The programme also focuses on the details that separate good athletes from high-level performers. Video analysis, strength and conditioning, accountability and demanding team standards all helped prepare me for the next level. An international student joining HBHS can expect an intense but enjoyable experience, while developing the habits, knowledge and confidence required to play at the highest level.



Mitchell Keightley

HBHS 2018–2022 | Left-Handed Driver
New Zealand U18 World Championships, 2022
New Zealand U20 World Championships, 2023
New Zealand FISU World University Games Team, 2025
San José State University Men's Water Polo
Los Angeles Athletic Club
US Men's National League Champion, 2026

Secure your place

BEGIN YOUR HBHS JOURNEY

Join an ambitious school, a nationally competitive team and a community committed to helping young men grow.

WHO SHOULD APPLY?

The programme is best suited to motivated water polo players aged 15–18 who are ready to work hard academically and athletically. Applicants should be reliable, honest, independent and willing to contribute positively to the school and team.

Applicants are encouraged to provide a short playing history and game footage. This is not a separate sporting selection process, but it allows the coaching staff to understand the athlete's experience and discuss the most suitable pathway before arrival.

APPLICATION PATHWAY

1. Contact the HBHS International Centre and request an enrolment pack.
2. Provide academic information, proposed enrolment dates and accommodation preferences.
3. Submit a short water polo history and game footage, where available.
4. Meet online with the International Centre and water polo programme, if required.
5. Complete international enrolment and prepare for arrival, orientation and team trials.

CONTACT TONIA OR RAHITI



Tonia Heeps
Director of International Students
Hamilton Boys' High School
+64 7 853 0434
theeps@hbhs.school.nz



Rahiti Teokotai-White
Head Water Polo Coach
Hamilton Boys' High School
+64 7 853 0440 ext. 2487
rteokotaiwhite@hbhs.school.nz



Hamilton Boys' High School
Private Bag 3201
Hamilton, 3240
Ph (07) 853 0440
www.hbhs.school.nz