

5PORTS HUB



The Sport Wanganui office is a full house! As well as longtime residents Netball Wanganui and Wanganui Rugby, our 'sports hub' now includes Central Football, Bowls NZ, and Manawatu-Wanganui Golf.

For the codes, sharing office space is economical, provides opportunities for networking and comes with support from Sport Wanganui in facilities such as printing, telephones, internet and furniture. The codes are

otherwise independent.

For Sport Wanganui, having the codes in the same building enhances the connections with Wanganui's sporting community, and helps keep a 'finger on the pulse' of what is happening in those particular codes.

We're used to seeing Wanganui Rugby's 'Barry The Butcher' about the place, but we've now met Manawatu-Wanganui Golf's 'Junior Tiger'. Rhys Watkins (Golf Development Manager) modelled Tiger's head for us recently, with Lisa Murphy (Netball Wanganui), Matt Kilsby (Central Football) and Robyn Walford (Netball Wanganui).

Could we be looking at MR WHANGANUI 2014?



Sport Wanganui CEO Danny Jonas will be supporting the Mr Whanganui Charity Fundraiser on April 17th and will be occupying the Stirling Sports window front during the hours of 6 - 9pm. He will be entertaining passers-by in the bid to be voted the best. Not to be missed! <u>CLICK HERE</u> to find out more.

school sport support

One of Sport Wanganui's key offerings is School Sport Support, a way of helping primary and secondary schools in their sporting endeavours.

Through School Sport, Sport Wanganui provides plans and structure for schools to incorporate all of their sports activities. It is common that schools need help in developing this capability themselves - even those schools that have sports co-ordinators in place – which is where Sport Wanganui can assist.

Schools can be assisted in a variety of ways such as; putting together athlete and coach development plans, creating a calendar of events, organising the year - organising events in advance and creating a clear direction. Schools are encouraged to include professional development for their staff in their sports planning (e.g. going to conferences) and they now also have the opportunity to take part in Sport Wanganui's Sport Upskill training sessions for teachers and volunteers.

The programme is currently aimed at targeted primary schools where the need has been identified, plus secondary schools.

For more information about School Sport Support, contact <u>Steve Kerfoot</u> (Primary Co-ordinator) or <u>Clare Lynch</u> (Regional Sport Director) at Sport Wanganui.



St Johns Hill School are utilising the Sport Wanganui School Sport options.



Foundation Skills Kicks Off

Sport Wanganui's new Foundation Skills Programme has now started in a number of primary schools and will continue throughout the year. The programme is part of the Sport Wanganui Integrated Programme in primary schools and was piloted in two schools during 2013. It received positive feedback and the 'thumbs up' to start with further schools who are currently signed up for the Fundamental Movement Skills programme.

The purpose of this programme is to link the important development happening in early childhood centres through to the Fundamental Movement Skills Programme (Years 3 & 4) and beyond. With a focus on activities to assist children's classroom learning, Sport Wanganui's Gemma Bartley will deliver two to three sessions per class with teachers fully involved. At the conclusion of the sessions, teachers will have access to a variety of activity cards supplied by Sport Wanganui to be used in the classroom between lessons or outside during physical education time.

Deliverer Gemma Bartley previously managed the Under Fives (Active Movement) programme and will now leverage the skills and experience developed in this role for the benefit of the Foundation Skills Programme.



Gemma works with St Annes School children and teachers.

BIKE WISE 2014

February was Bike Wise month, and in support of this national initiative Sport Wanganui joined forces with



the Whanganui Bike User Group (WBUG) to organise Bike Wise activities during February and March. A variety of different cycling activities were on offer during the campaign, including the very successful International Night of the Stars at the Velodrome and the Family Bike Ride along the Whanganui River, which was led by Mayor Annette Main. The Family Bike Ride was a fun and enjoyable ride attracting cyclists of all ages, and participants loved the free sausage sizzle that followed - a welcome donation from the Wanganui District Council.

National Go by Bike Day was celebrated on February 12, with a free breakfast to every cyclist who arrived at Majestic Square on a bicycle.

The Kiwi Kids race series was launched at St Johns Hill School, hosted by the Wanganui Mountain Bike Club. The first race out of a series of five saw 70 children in four different age groups participating and showing off their bike skills, with the Bike Shed providing a free helmet fitting session for all participants.

Other events during Bike Wise were Lyneke Onderwater's talk on her four-year cycle trip around the world, a presentation by Kyle Dalton from the Whanganui Regional Museum about the rich history of cycling in Wanganui, a cycling documentary movie hosted by the Whanganui Film Society, and the Wanganui Intermediate School Mountain Bike Race which saw 150 students competing. Two bike maintenance workshops were held at Velo Ronny's Bicycle Store and Bike Wise 2014 was concluded on 8 March with Frocks on Bikes - a fun dress up and cycle event organised by the Women's Network Whanganui.



There's still time to... THANK A SPORT MAKER!

Do you know a sport volunteer who deserves a big 'Thank You'? Why don't you send them an E-card? Just <u>CLICK HERE</u> and if they accept they will then go in the draw to win one of two \$500 monthly prizes per region. It's as easy as that! Check out page 7 to see some of our region's recent winners. Supporting Local Sport Makers SPORT NEW ZEALAND Thank a sport volunteer and they could WIN \$500 worth of sports gear LottoVolunteers.co.nz

WHAT'S HAPPENING IN THE REGIONS? We've Moved!

The Sport Wanganui Marton-based office has moved down the road to 18 High Street, Marton. Marie Kinloch is based in the shared office with Project Marton, 8.00am - 5.00pm every Thursday. Call in for any sport development enquires or email:

marie@sportwanganui.co.nz or Phone: 027 440 9305.

Events



There's always exciting stuff happening all around the region and this Term was no exception, with the inaugural Ruapehu Kids Buster entertaining the crowds at the Waimarino A&P show. The Ruapehu Kids Buster was an inter-school obstacle challenge for the Ruapehu District Primary Schools. On 15th February 48 participants from Waiouru and Raetihi primary schools gathered to

tackle crazy tasks such as dry Weetbix munching, nailhammering, and even carting team mates about in a wheelbarrow!

The event was hugely popular, and is sure to be a regular feature at the Waimarino A&P show in future.

Also attracting good support was the Taihape Country Schools Swimming and Athletics events. Students, friends and families turned out to cheer the kids on and the events were a real success with a great sense of achievement for those involved.

Congratulations to the winners and to all those who participated... WELL DONE!

Fundamental Movement Skills

Our Sport Wanganui Fundamental Movement skill programme has been implemented in 3 schools in the Ruapehu with a focus of Tennis FMS and 7 schools in the Rangitikei with a focus of Athletics FMS. Which now all schools have completed their 5 week programme. Not only have the students been fully engaged we have also introduced and implemented a Professional Development up skilling for the teaching staff of each school to ensure the development of the focus sport continues in the schools own time.

Targeted Schools

This year Sport Wanganui are working with two Rangitikei Schools very closely to help them ensure their School Sport Development Plan creates opportunities for all students, volunteers and whole school community.

Until the end of 2015 Sport Wanganui will also be working with Marton and Turakina Primary School's. Plans are in place to create leadership roles for students and development plans for coaches and volunteers.

We will work on creating a development plan for teaching staff to influence and instil a school culture of sporting and physical opportunities, with pathways for participation for all students.

What's Coming Up?

20 th March	Rangitikei Interschool Swimming sports @ Marton	
	Swim Centre, 9am – 2.00pm.	
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- Hunterville Interschool Athletics @ Hunterville 4th April Rugby Domain, 9am – 2.30pm.
- 22nd May Football Mid Week League @ Marton Memorial Hall, 3.30pm – 6.30pm.

Check out our Sport Wanganui website and Facebook page for more events!

NEW ROLE FOR CLARE

Clare Lynch is now Sport Wanganui's Regional Sport Director.

Clare is a graduate from Wanganui Girls College, and studied at Massey University majoring in Sport Management and Human Resource Management. As part of her study she completed a third year practicum of 180 hours volunteer work with Sport Wanganui, through our internship programme. During that time, Clare was involved with the planning of the Promising Athletes Programme and the Midweek Leagues Volleyball.

Clare was then offered a part-time role at Sport Wanganui delivering the Fundamental Movement Skills programme in primary schools. Many children will recognise Clare from her work in primary schools delivering Football, Gymsports, Athletics and the Learn to Ride programme.

As the Regional Sports Director, Clare now works closely with secondary school sport coordinators and with principals, teachers, coaches, parents and volunteers. Sport Wanganui believe the 13-18 year age group (which this role focuses on) is vital in the development of a lifelong love of sport and recreation.

Clare's role is a dedicated full-time position, and is supported by General Manager Greg Fromont and CEO Danny Jonas at a school governance level.

Clare is looking forward to developing her relationships with secondary schools throughout the Wanganui, Rangitikei and Ruapehu areas, and has some exciting times ahead!



Sport Wanganui's Green Prescription team were pleased to have the following article featured in the recent Agencies for Nutrition Action newsletter. You can read the full newsletter <u>here</u>.



Kia Ora and Welcome to Lifestyle for Life

Lifestyle for Life is delivered by Sport Wanganui as part of their Green Prescription services and is designed for those who want or need to improve their health and wellbeing through physical activity and healthy eating.

Lifestyle for Life is a free eight week programme where clients are introduced to new ideas and a fresh way of looking at things. Each session consists of 30 minutes of information and education and 30 minutes of physical activity. The programme is held in a relaxed environment and covers the basic ideas of nutrition, healthy eating and physical activity. The educational workshops are presented by health and fitness professionals including dietitians, nutritionists, a diabetes nurse and fitness instructors. These people offer a wealth of knowledge and support for the participants during the programme.

The topics covered in the eight weeks range from the benefits of physical activity, diabetes, takeaways and eating out, goal setting, label reading, understanding fats, sugars, salts, to adapting recipes. Often there are obstacles or barriers to exercise and healthy eating. This is when support is given for the times the obstacles or 'roadblocks' appear, and the group works out a strategy to deal with them together.

The physical activities organised by the co-ordinators are designed to have fun and at the same time challenge the participants. Aqua aerobics, low impact aerobics, outdoor walks, basic bootcamp, gym circuit classes are encouraged as part of the weekly activity commitment.

One of the favourite sessions is our motivational speaker where someone who has previously been on the Lifestyle for Life programme and has had great success with their health changes comes to talk about their personal achievements. This can be a huge incentive for those currently on the programme and the group interaction is great especially when question time starts. Participants find it incredibly motivational to hear from the people who have experienced all the highs and lows, barriers and successes of changing a lifestyle that has been a habit for years.

Tasks are given each week to encourage the client to focus on taking baby steps towards a healthier fitter body. They are encouraged to re-read their goals regularly and if necessary, they are helped to get right back on track as quickly as possible. The key to success is their determination to make changes in their life towards better health in a supportive group setting.

Comments from clients who have participated in the programme: "Plenty of information and motivation. I enjoyed the eight weeks immensely" Janet. "I have learnt a lot about diabetes and nutrition" Melanie. "Exercise sessions were good, speakers excellent, I am now committed to regular exercise" Joham. "You have shown me there is a better way to live by eating properly and exercising regularly" Melanie.

Our Lifestyle for Life motto:

'This is your day. Make it the start of a fresh change.'

Deb Byers Green Prescription Area Manager Sport Wanganui deb@sportwanganui.co.nz

The Life Games 2014















The Sport Wanganui Life Games was held on 5th March at Jubilee Stadium with keen and colourful representation from 13 of Wanganui's Community Homes. This year's theme was Story Book Characters which definitely brought out the creative side in the residents and staff.

The annual event provides a friendly competitive atmosphere between the homes, through gentle physical challenges for the residents. The activities involve novelty games such as Gumboot and Slipper Throw, Mini Golf, Hoop Throws, Skittles and more.

The day concludes with the presentation of awards and prizes for Champion Community Home, Best Dressed Home, Oldest Participant and a variety of spot prizes.

Sport Wanganui delivers this fantastic event each year to encourage our older generation to continue being active and socially involved.





Wanzanui Secondary School Lifesavinz Championships

The Wanganui Secondary School Lifesaving Championships were held at the Splash Centre on Friday 7th March. It was once again an excellent event with participants from Wanganui Collegiate School, Wanganui High School and Wanganui Girls College.

In the Boys teams event, Wanganui Collegiate was 1st with 10 points, Wanganui High School 2nd place with 12 points and Wanganui High School Mixed was 3rd with 18 points. In the Girls teams event Wanganui High School was 1st with



High School was 1st with 10 points, Wanganui Collegiate was a close 2nd with 12 points, Wanganui Girls College A

was 3rd with 17 points. Devon Harnett and Dinuka Perera, both from Wanganui High School, won the two Instructors awards.

A huge thank you goes to Marie Baker and her lifesaving team for all of their expertise in running this event.

FOR 2014

Friday 26th September

Ohingaiti Domain

REGISTRATION PACKS WILL BE SENT TO SCHOOLS IN TERM 3

\$ ENTRIES OPEN ON MONDAY 21ST JULY

Wanzanui Secondary School Swimminz Championships

Wanganui Secondary School Swimming Championships was recently held at the Splash Centre, kicking off after the Secondary School Lifesaving with a number of swimmers from Wanganui Collegiate School, Cullinane College, Nga Tawa, Rangitikei College, Ruapehu College, Taihape Area School, Wanganui Girls College and Wanganui High School. The event ran smoothly thanks to our many volunteer helpers from Wanganui Swim Club, the Splash Centre and student helpers from the schools. The participants showed off some real talent, well done to everyone! *CLICK HERE for results.*

Wanzanui Secondary School Athletics Championships

Athletes from nine different secondary schools competed at Cooks Gardens on Wednesday 12th March in the Wanganui Secondary School Athletics Championships. It was a great day all round with fantastic weather and more entries than we have had in a number of years.

Many very talented athletes competed achieving excellent results. Good luck to all those that will go on to represent Wanganui at the North Island Secondary School Championships in Masterton on the 5th and 6th April. <u>CLICK HERE</u> for results.



RANGITIKEI

TOUGH KID



DID YOU KNOW... You can find out which lanes at the



will be **BUSY** before you visit?

The <u>Pool Booking Schedule</u> on the homepage of the Splash Centre website is updated on a regular basis so you can find a quiet time to pop down for a swim.

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The Splash Centre has been providing the Wanganui community with aquatic fun for the past 25 years! This fantastic milestone will be celebrated on May 3rd with an 80's themed party, in a nod to the Splash

first opening it's doors way back in 1989.

Last year the 5th Birthday of the Splash Centre extension was celebrated with a party which included activities such as Airigami, inflatable fun and a duck race. Over 700 people visited the Splash Centre during the celebrations and the same is expected for the 25th Birthday celebration which will include many of the same fun activities and more!

Keep 3rd May free and pop down for the party where you will see Splash Centre staff dressed in 80's attire, and join them in having a great time!

THANKING OUR SPORT MAKERS

The Lotto Thank A Sportmaker campaign continues on, with the region's valued volunteers scooping up sports gear and goodies.

Each month Lotto New Zealand and Sport New Zealand, in partnership with Regional Sports Trusts, reward the volunteers who make sport happen throughout New Zealand, through nominations from the community in the 'Thank a Sport Maker' campaign.

The successful nominees accept their nominations by email, ensuring they are in the draw for a monthly prize of sports merchandise worth \$500. Nominees that accept their nomination stay in the running for the sports gear until the 12-month campaign is over.

Check out the recent Lotto Sportmaker winners!

November	Karen Leighton and Anne Abraham
December	Mike Kenworthy and Marie Kinloch
January	Ken Carvell and Jan Connelly
February	Kristen Ashworth and Jerome McCrea

If you know a worthy recipient, you can nominate too! Nominating is easy; well-wishers can head to the <u>Sport Wanganui website</u> to nominate as many Sport Makers as they like from every area of sport volunteering.





THE RESULTS ARE IN!

The Sport Wanganui Marketing and Communications Stakeholder Survey is complete, and results are in!

In November last year we conducted a survey about our marketing and communications methods – how we are sending and receiving information, and whether those methods are working for our community. We are continually striving to improve our performance and now have an action plan based on highlights from the survey results.

A brief summary of survey responses can be found on our website www.sportwanganui.co.nz



WHAT'S ON?

4th - 6th April - AMP M2C Multisport Race. Mountains to Sea – from Turoa on Mt Ruapehu to Cooks Gardens in Whanganui Starting 8am Friday 4th from Turoa Ski Area, Ohakune.

Visit their website to find out more.

5th April - Round Five NZ Jetsprint Championship. Shelterview Jetsprint Track, 4.00pm - 9.30pm.

Check out racing at night under lights, with the boats lit up to impress!

Visit their website to find out more.

12th April - Great Forest Run. A fantastic off road event through the beautiful Waitarere Forest in Levin. <u>Visit their website</u> to find out more.

12th & 13th April - A Weekend of Cycling. Take part in one of the bike rides offered during the Wanganui Festival of Cycling.

Visit their website to find out more.

McDonald's

Mud Run

SATURDAY 181 OCTOBER

020

ENTRIES OPEN 28TH JULY

VISIT WWW.SPORTWANGANUI.CO.NZ FOR MORE INFORMATION







RANGITIKEI FARMSTAY

Wanganui Boys & Girls Gym Club News



XTND YOUTH LEADERSHIP PROGRAMME

XTND is a youth leadership programme that focuses on developing leadership skills while introducing young people to sport specific coaching knowledge. It has been developed over many years, from the former Coach-In-Training programme which was introduced in 1986.

XTND includes an on-going mentoring process and elements from Sport New Zealand's Growing Leaders programme.

The programme focuses on developing leadership skills to create quality leaders and introducing sport specific knowledge and experience through active coaching. It is aimed at developing participants into independent, reliable, confident and dynamic leaders with good communication skills.

XTND is for youth participants attending high school and/or at Year 9 or above. Participants are enrolled in the programme for a minimum of two years with an option to progress to the third year.

The programme consists of modular courses completed over a two or three year period. These modules develop personal leadership, communication and coaching skills including:

- Teaching strategies for introductory coaching
- Fundamental movement patterns
- Basic biomechanics
- Movement observation skills
- Core skills
- Basic gymsports code-specific coaching

XTND is the Youth pathway on the GymSports New Zealand's Education Framework.

If you are interested in participating in the programme or require more information please contact:

Liz Munroe Regional XTND Coordinator Taranaki / Wanganui Region Wanganui Boys & Girls Gym Club, Phone: 06 3458670 Email: liz@wanganuigymclub.co.nz







ACCOMMODATION FOR GROUPS & SPORTS TEAMS

The Wanganui Boys & Girls Gym Club is well known for it's fantastic gymnastics programmes, but it's best-kept secret has to be the large accommodation wing that is attached to the club's venue in Springvale Park.

The ten-room accommodation wing is ideal for sports teams and large groups needing low-cost accommodation. The accommodation is purpose-built and is available to the public on application.

Each room sleeps 1-4 people in a combination of bunks and beds, and there are separate rooms for managers and coaches.



Only five minutes from the closest supermarket, and ten minutes to the city, the venue is perfectly located alongside the Splash Centre, Jubilee Stadium, Springvale Stadium and Springvale Park.

One of the biggest obstacles for travelling sports teams is finding a venue that allows them to cook their own meals and eat together in a space large enough to fit everyone. Most motel units no longer have conventional ovens, creating a challenge for sports team managers needing to heat large carbo-loading meals like pasta dishes. However the WBGGC's accommodation wing includes a fully-equipped kitchen and substantial dining area. Even breakfasts are taken care of, with a continental breakfast option supplied for those that want it. There is also a spacious recreation room for group sessions, team meetings and leisure time.

The Wanganui Boys & Girls Gym Club accommodation facility is open yearround. For any enquiries contact Liz Munroe at the gym club on 345 8670 or email <u>office@wanganuigymclub.co.nz</u>

CLUB CORNER

MARTON GOLF CLUB

On Tuesdays, as part of our Nine Hole club day, you can now play a 6 hole game. The holes involved offer flat walking, ideal for those learning to play or coming back into playing golf. Players have 6-hole cards and play in a separate 6-hole competition. Ring Peter Yortt 063278210 for further information.



Anzac Day Tournament, Friday 25th April. Sponsored by Cooks Bar, TAB & Restaurant, Marton. Mixed Open Stableford competition followed by a light evening meal. Ring Chris Ellery on 06 327 8293 for further information

HOCKEY WANGANUI

Wanganui has a new hockey shop! Mouse Trap Hockey Shop is now open at the Gonville Hockey Turf. The shop is open on Tuesdays and Thursdays 3.30pm while Twilight Hockey is running and Saturday mornings 10.00am-12.00pm.

If you require assistance outside these times you can ring Michelle on 021 037 3092. During the winter competition the shop will be open every week night and Saturdays.



The last day of Summer Junior Hockey is 3rd April and will be tied in with a Free Milo Cereal Pack to enjoy before or after games. If you then buy Milo cereal you can enter the draw to win \$100 for yourself and \$1000 for your club. There are four chances to win!



<u>CONTACTS</u> <u>Cynthia Adams</u> Tournament Convenor cynthia.ada@gmail.com Telephone (06)-345 4559 <u>Dianne Patterson</u> wjdqmp@tra.co.nz Telephone (06)-345 8809 <u>Clubhouse</u> Telephone (06)-345 7086

Entry fee \$40 per team Join us for nibbles and

Great Prizes

drinks end of play Friday

RAFFLES

.sportsground.co.nz/wanganuibowlingclub

RANGITIKEI NETBALL CENTRE

Are you looking for a new challenge? Do you want to take your Netball coaching to the next level? Then you are just what Rangitikei Netball needs.

We are looking for Representative Netball Coaches and Team Managers for our 2014 Year 7 and 8 Netball representative teams.

Our season begins with trials on Sunday 25th May with two confirmed tournament appearances in Palmerston North and Wanganui, with the potential to add a third tournament.

If you are interested please contact: Keita Quader by email rangitikei.netball@gmail.com or ring 06 327 8229 and ask for an expression of interest form. Forward back by e-mail for committee review by Monday the 28th of April.



DO YOU WANT PEOPLE TO KNOW ABOUT YOUR SPORTS CLUB?

WE NEED YOU to keep us up to date with your Club's details.

Sport Wanganui often get asked for Club contact details so if your details are out of date you're gonna miss that call!

We would love to hear from you so we can ensure your details are correct and your Club is reachable!

Call us on 06 349 2300 or email info@sportwanganui.co.nz

