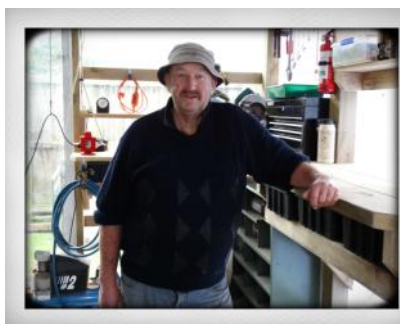




Sport Wanganui News - Term Two 2014

THANKS DOUG!



Sport Wanganui recently enlisted the help of Volunteer Whanganui handyman Doug Cranston to build some obstacles for the upcoming McDonald's Mud Muster.

Doug Cranston has been busy building man-made obstacles, constructing some pretty challenging structures that will be climbed, clambered over, crawled under and eventually, covered in mud.

Sport Wanganui's Event Manager Rachel O'Connor advertised the volunteer position on the website of Volunteer Whanganui, looking for someone with building skills. Doug answered the call for 'Obstacle Builder' and, as an ex-farmer he was an ideal candidate.

Rachel is thrilled with Doug's work to date: "Doug has done a fantastic job of interpreting my ideas and specifications, and making them a reality. His commitment and enthusiasm towards this project has been outstanding, and I look forward to working with him on future projects".

Volunteers don't get paid not because they're worthless, but because they're priceless - thanks Doug!

VOLUNTEERS REWARDED

In October 2013 Neil Kirkwood was sent a Lotto Sport Maker E-card from Cricket Wanganui thanking him for all of the volunteer work he does. Neil's name was pulled out of the May draw recently which saw him receive \$500 worth of Lotto Sport Maker merchandise.

Congratulations Neil - you certainly deserve it!

Do you know a sport volunteer who deserves a big 'Thank You'? Why don't you send them an E-card? Just [CLICK HERE](#) 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!



NEW FACILITY MANAGER

Sport Wanganui welcomes Dave Campbell to the team as Splash Centre Facility Manager.



Prior to starting here Dave spent ten years in banking - seven for The National Bank and three as Branch Manager of The Co-operative Bank in Taupo, commuting from Wanganui to Taupo weekly for eighteen months. Dave is Wanganui born and educated and is pleased to be back home permanently with wife Angela and their four children. "I now live 500m from work as opposed to 250km".

Dave played rugby, basketball and cricket at school and is now an avid squash player. He also co-commentates the Steelform Wanganui Rugby team's Heartland games with Grant McKinnon for The Radio Network.

"I am loving being back home in a great town and part of a wonderful facility that is here for the benefit of the whole community. This was apparent in my first week with the kids from Tawhero School at their Learn to Swim classes on Friday, which is paid for by Brian and Norma Foley. The Foley's are here to watch the kids, give them praise, "High-fives" and see the progress they're making." Says Dave.

Welcome to the team Dave!



FOUNDATION SKILLS

Sport Wanganui's Foundation Skills Programme has had a busy Term with deliverer Gemma Bartley visiting seven primary schools within the region.

The programme is part of the overall Integrated Primary Schools Programme and focuses on linking 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, Gemma delivers three sessions per class with teachers fully involved. At the conclusion of the sessions, teachers 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.

The programme has to date received positive feedback from teachers involved and Gemma is always open to suggestions around how the programme could be improved and any follow-up the schools might find useful.



Above: Gemma delivers Foundation Skills to Durie Hill School children.

THE DOWNS GROUP
RANGITIKEI TOUGH KID®

FRIDAY 4
26TH 10
SEPTEMBER 2014

McIntyre Domain,
Ohingaiti

ONLY \$2 A KID

For more information contact:
Rachel O'Connor
06 349 2318
rachel@sportwanganui.co.nz

Mitre 10 MEGA Tough Kid® goes regional!

Sport Wanganui's hugely popular Mitre 10 MEGA Tough Kid® event is back for its fourth year – with an exciting new twist for 2014. The event has now grown into a regional competition, which will see four centres from the North Island battling it out to see who will be the Toughest Region!

Selected groups of children will be chosen to represent their district, from Hawkes Bay, Manawatu, Taranaki and of course Wanganui – the home of the original Tough Kid®. Our own Wanganui team will be made up of top participants from The Downs Group Rangitikei Tough Kid® in September and the Mitre 10 MEGA Tough Kid® event in Wanganui in October, with representatives from school age groups Year 5 – 8 being invited to represent our region in this exciting event.

After supporting the Wanganui Tough Kid® concept as principal naming rights sponsor for the past two years, Mitre 10 MEGA Wanganui has confirmed their sponsorship of the Regional Tough Kid® event for 2014.

Retail Manager for Mitre 10 MEGA Wanganui, Sharnell Duncan is pleased to be supporting the Tough Kid® event in its new guise as a regional competition: "We are very lucky to have been involved with the local Mitre 10 MEGA Tough Kid® event over the last two years. The event is synonymous with our brand and we have a long history of community involvement. We are delighted to be continuing that involvement with the growth into a regional event. It will be the highlight of our calendar this year!"

80 kids will be chosen from across Wanganui and Rangitikei to represent Wanganui in the Mitre 10 MEGA Regional Tough Kid®, which will take place at Cooks Gardens on Friday 12th December. Further information will be sent directly to schools with the local Tough Kid® registration packs, but in the meantime if you have any further questions please contact Rachel at Sport Wanganui on 06 349 2318.



**MITRE 10
MEGA**

WANGANUI

SECONDARY SCHOOLS

CROSS COUNTRY



Congratulations to those schools and their students who participated in the 2014 Wanganui Secondary Schools Cross Country Championships, hosted at Wanganui Collegiate School on Wednesday 21st May. An awesome effort from all

students that participated.

Results from the event can be found on the Sport Wanganui website.



MIDWEEK LEAGUES

A girls Futsal league was introduced in Term 2 and was hosted at Wanganui High School. This was a good opportunity for secondary school girls to get a team together and 'have a go' at Futsal or for already existing girls football teams to use this league as training/game time together. The girls involved really enjoyed the competition and appreciated playing against like-skilled players inside the gym away from the cold!

Term three will see the return of KiwiSport-funded Midweek



Leagues Badminton and Indoor Football. These leagues are open to all students attending secondary school. See your sport coordinator at school to register your interest!

PATHWAY TO INDUSTRY

There are hundreds of people in the greater Wanganui area who are interested in sport and recreation, some are already working in the industry while many others would like to do so but are unsure how to start.

The Pathway to Industry programme, which started on June 9th, is a partnership between Sport Wanganui and Work and Income with a focus on developing and establishing people within the exciting sport and recreation industry.

Sport Wanganui already has four enthusiastic trainees committed to the programme and on their pathway to employment. Through the programme individual pathways are created, including a National Certificate in Sport and Recreation, work placements, interview preparation, First Aid and CV preparation.

For more information please contact Adam on adam@sportwanganui.co.nz.

TEAMWORK

Sport Wanganui staff are out there and doing it again!

The Great Forest Run event was held at Waitarere Beach in April, and the Sport Wanganui running team was out in full force to rise to the 10k challenge once again. The Forest Run is an off-road event for runners and walkers across a range of distances, through the picturesque Matariki Forest. It is an annual event attracting around 3,000 people.

This is the third year running that Sport Wanganui have supported this event. Preparation for the Great Forest Run provides an opportunity for some quality team-building, and also for staff to continue building their knowledge about efficient training techniques. Seven Sport Wanganui runners worked together in a 12-week training programme, which included twice-weekly lunchtime training sessions and additional sessions outside of work hours. Teamwork makes the dream work!



WBGGC News



The Wanganui Boys & Girls Gym Club will be holding their Gym-a-thon testing 16th – 21st June for all of those gymnasts to show what they have learned during Term 2.

The popular Holiday Programme will run from 7th - 18th July and will include activities such as gym fun, skating, crafts and swimming, to name just a few.

The Wanganui community is invited along to watch the Wanganui Opens competition which will be held on the 5th & 6th July. This is a great opportunity to head along and watch our talented gymnasts perform!

A big congratulations to Jonathan Maples who has been named in the New Zealand U14 development squad for the third year running!

Don't forget that the Wanganui Boys & Girls Gym Club offers a fantastic option for sports teams and large groups needing low-cost accommodation. The ten-room accommodation sleeps 1-4 people per room in a combination of bunks and beds, and there are separate rooms for managers and coaches. Contact the Club on 06 345 8670 for more information.

A day in the life of **MARIE KINLOCH**

MARIE KINLOCH IS SPORT WANGANUI'S DEDICATED RANGITIKEI/RUAPEHU SPORT DEVELOPMENT ADVISOR. MARIE ASSISTS WITH SPORT AND RECREATION DEVELOPMENTS FOR EARLY CHILDCARE CENTRES, PRIMARY SCHOOLS, SECONDARY SCHOOLS, CLUBS AND ORGANISATIONS IN THE RANGITIKEI AND RUAPEHU AREAS. SHE SPENDS A LARGE PORTION OF HER WEEK AWAY FROM THE OFFICE THOUGH - SHARING HER TIME AROUND THE OUTLYING AREAS OF THE REGION. WE RECENTLY SPENT A DAY WITH MARIE OUT-AND-ABOUT IN THE REGIONS, TO FIND OUT WHAT HER WORKING DAY LOOKS LIKE!



8.20AM

SETTING OFF! FROM MARIE'S 'SATELLITE' OFFICE AT 18 HIGH STREET IN MARTON, SHARED WITH PROJECT MARTON. TRANSPORT ASSISTED BY DAVID JONES MOTORS AND THE SPORT WANGANUI SUZUKI SWIFT.



9.30AM

ARRIVING AT TAIHAPE AREA SCHOOL, WITH NEW PROGRAMME DELIVERER MIHI HIKA. TIME TO UNPACK THE CAR AND FIGURE OUT WHAT WE NEED.

9.45AM

ROOM 9 ARRIVE FOR THEIR BASIC SPORTS SKILLS SESSION. TODAY THEY'RE TRYING THEIR HAND AT FOOTBALL AND VOLLEYBALL.



11.15AM

ROOM 5 ARRIVE FOR THEIR FUNDAMENTAL MOVEMENT SKILLS SESSION IN GYMSPORTS. THEY DID A FABULOUS JOB WITH THEIR TUCKS AND PIKES!



12.00PM

SEE YA LATER TAIHAPE!



TIME FOR A BIT OF LUNCH. MARIE TAKES A MOMENT TO CHECK OUT THE BEAUTIFUL VIEWS. AAAH, WHAT A GREAT PLACE TO TAKE A BREAK.

12.30PM



1.15PM

HELLO HUNTERVILLE! ROOM 4'S SESSION IS ALL SET UP WITH JUST ENOUGH TIME TO HAVE A QUICK MOMENT OF FUN WITH THE SCHOOL PRODUCTION SCENERY.



HUNTERVILLE SCHOOL. FIRST UP IT'S ROOM 4 FOR FUNDAMENTAL MOVEMENT SKILLS IN GYMSPORTS. THESE GUYS REALLY KNOW HOW TO DO THEIR STRADDLES AND MOTORBIKE LANDINGS!



1.30PM

2.15PM

WE'RE STILL AT HUNTERVILLE SCHOOL AND THIS TIME IT'S ROOM 3'S TURN FOR GYMSPORTS. SAME FACTORY, DIFFERENT SAUSAGES!



2.45PM

MARIE'S BACK ON THE ROAD AGAIN, AND HEADING TO MARTON. SHE'S CLOCKING UP THE MILES TODAY.



3.10PM

ARRIVING AT MARTON PRIMARY SCHOOL. TIME TO UNPACK THE CAR AGAIN, AND GRAB SOME MORE GEAR.

3.20PM

THIS TIME IT'S ADULTS ONLY, FOR A TEACHER UPSKILL SESSION COVERING A RANGE OF BALL SPORTS. MARIE TAKES 11 ADULTS FOR INSTRUCTION IN BASIC COACHING TECHNIQUES.



4.30PM

THE SCHOOL VISITS ARE DONE AND IT'S TIME FOR MARIE TO PACK UP THE CAR AGAIN.



SHE'S POOPED!



NO, WAIT, SHE'S ONLY FAKING - SHE'S BACK UP AND READY FOR A BRAND NEW DAY TOMORROW. GO MARIE! THANKS FOR SHARING YOUR BUSY DAY WITH US.

IF YOU'D LIKE TO GET IN TOUCH WITH MARIE CONTACT HER ON MARIE@SPORTWANGANUI.CO.NZ OR 0274 409 305, OR POP IN AND SEE HER AT HER MARTON OFFICE ON THURSDAYS.



NEW ROLE FOR ADAM



You may have wondered where Adam Gosney has disappeared to now that Dave Campbell has taken over the role of Splash Centre Facility Manager.

Well, Adam hasn't disappeared, in fact he is right here at Sport Wanganui! When the Sport Wanganui Board of Trustees advertised for a Business Development

Manager Adam applied and was appointed.

The Business Development Manager role is committed to both internal and external areas of growth and development. Adam has settled right into the role and has set himself a catch phrase of 'what will exist or be developed in twelve months from now?'

Adam is passionate about the Wanganui community, and sees huge value and potential growth in Sport Wanganui's current and future community impact, in the leadership of sport and recreation.

Watch this space!

Stay tuned...

In March, Sport Wanganui Green Prescription joined forces with Mitre 10 MEGA staff to help with their Biggest Loser 12-Week Challenge. The aim was to get the participants to start a regular exercise routine and learn about healthy eating. Green Prescription has been monitoring the progress over the past 12 weeks and is now gearing up to do the final weigh-in and evaluations.

Look out for the Term 3 newsletter to find out how the participants went!

COACH RECRUITMENT

New Zealand has 15,000 sport and recreation clubs - that's a lot of coaches needed for a huge number of teams!

In Wanganui secondary schools, the Coach Co-ordinator project lead by

Sport Wanganui means that there is now a dedicated Coach Co-ordinator in every school across the region - this person is available to offer guidance for new coaches, help coaches develop, and support them in their efforts.

For those that take on a coaching role, there are support and development opportunities available. Most sports codes provide coaching seminars, information evenings and ongoing support.

Often a lack of skills in a particular sport makes volunteers hesitant about getting involved, but there are plenty of success stories from coaches that took on a sport that they've never played themselves. The interest in coaching young people is the key - the knowledge base comes later, with experience.

If you have an inclination to get involved in sport coaching contact your local school, or visit the [Sport Wanganui website](http://SportWanganui.co.nz) to see contact details for sports organisations across Wanganui, Rangitikei and Ruapehu. Alternatively, contact Nicole Dryden at Sport Wanganui on 06 349 2318 or email nicole@sportwanganui.co.nz.



Sport Wanganui added five new schools to the FMS programme in 2014 with one of these being Brunswick School. Here the children enjoy the Term Two Gymnastics module in the Brunswick hall.

WHAT'S HOT IN THE REGIONS?

Marie would love to see you!

Marie Kinloch has a Sport Wanganui office at 18 High Street, Marton. She shares her office with Project Marton and is around from 8am – 5.00pm every Thursday. She would love to see you so don't be afraid to pop in and say 'Hi'.

Otherwise you can contact her by email marie@sportwanganui.co.nz or phone 027 440 9305.

Turakina Give it a Go Day

The Turakina Give it a Go Day was an opportunity for the students of Turakina and Whangaehu schools to participate in a variety of sporting opportunities at their schools.

Rangitikei Flip & Twist's head Coach Rua Marshall-Ponga provided an hour session for the students to learn Gymnastics body positions and techniques for landing safely off equipment.

After the Gymnastics session the children had Wanganui Rugby Football Union's Regional Development Officer Jordan Farrington working through Rugby skills, developing safe tackling as well as fun games to encourage their development of the skills.

Not only was the day for the children but a well attended parents forum was arranged during the day to get expression of interest from parents for the 'Team Up for Turakina' pilot project. This forum was a way to discuss how parents could assist the schools and provide support for school sports teams to participate in the Midweek Leagues competition currently running in Rangitikei. The forum was a great start to the Team Up Turakina project and we hope to see it build capability through our team leaders who are parents and community members of Turakina.



The afternoon Netball session was run by Rangitikei Netball Centre with Mihi Hika and Felix Bell working on the development of basic Netball skills.

A fun day was had by all children and parents!

ASB In-School Hockey Programme

This Term Sport Wanganui created an opportunity to offer the ASB In-School Football programme in the Rangitikei to encourage the students to develop their basic skills for Football. The programme was offered to year 5 & 6 students. The programme has been great for the schools who are also taking part in the Rangitikei Midweek leagues which provided a 5-a-side indoor football league to increase the opportunities to participate in accessible and affordable opportunities in the local area.

Fundamental Movement Skills

Sport Wanganui's Fundamental Movement Skills programme has been happening in 12 schools across the Rangitikei and Ruapehu regions this Term. 270 Year 3 & 4 students have been improving their fundamental movement skills through sports such as Football, Gymnastics and Hockey.



Rangitikei Midweek Leagues

The Midweek Leagues have been going great guns. This term focus is a 5-a-side indoor football league open to all primary schools in the Rangitikei from Year 3 to Year 8 students. Schools from Taihape to Marton have encouraged children to participate in a sporting opportunity that is accessible and affordable and modified to suit the smaller rural school numbers.

Foundation Skills Programme

Sport Wanganui's new Foundation Skills Programme was delivered in Marton Primary School and Turakina School during Term 2 and received positive feedback from teachers involved. Deliverer Gemma Bartley said she really enjoyed her time in the two schools and looks forward to hearing how the activities are being implemented over the remainder of the year.

Upcoming Events & Activities in the Regions

Rangitikei Flip & Twist After school Programme: Term 3, Tuesday and Thursday, 3.30pm and 4.30pm sessions each day. Open to 4 -9 year olds. Contact Head Coach Rua for more information: 027 200 0010.

Rangitikei Junior Squash training nights: Monday's, 5pm – 6pm. All primary school children are welcome to come along to learn this fun sport at the Rangitikei Squash Club, Wellington Road, Marton. Contact Sally 027 579 1144 for more information.

Rangitikei Midweek League: Four-a-side Volleyball @ Marton Memorial Hall. Starting 7th August 2014 3.30pm - 7.30 (includes Primary schools and Secondary schools). Contact Marie on 027 440 9305 for more information.

The Downs Group Rangitikei Tough Kid® 2014: McIntyre Domain, Ohingaiti, 26th September 2014, 9.00am – 2.30pm. Open to all primary schools from the Ruapehu and Rangitikei Regions

Taihape Cluster Cross Country: McIntyre Domain, Ohingaiti, 19th September 2014.

(check out our [Sport Wanganui website](http://www.sportwanganui.co.nz) and [Facebook page](https://www.facebook.com/sportwanganui) for more events)

McDonald's

Mud Muster

SATURDAY 18TH OCTOBER 2014



OFF-ROAD MUD RUN

3KM

5KM

10KM



WWW.SPORTSGROUND.CO.NZ/MUDMUSTER

REGISTRATIONS OPEN 28TH JULY!



The McDonald's Mud Muster is only four months away - so it's time to start working on your base strength and fitness! Complete the exercises below in circuit fashion - for three circuits. Rest for three minutes after each circuit.

BODY WEIGHT BLAST



15x Single Leg Calf Raises
(each side)



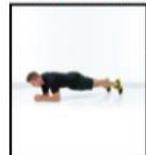
Support body weight on 1 leg and push up onto ball of foot. One repetition equals lowering heel to just above ground, then pushing back up onto ball of foot. Complete 15 each side.

20 Air Squats



Start in position 1, feet slightly wider than shoulder width. Push hips down/back while keeping back straight. Lower down (back straight) and extend arms. When max depth achieved, stand up (squeeze gluts) and lower arms. Repeat 20 times.

60sec Prone Hold



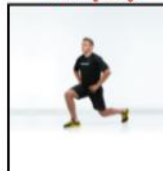
Support body weight on feet and elbows. Contract gluts and abdominals. Held in rigid position without dropping hips for 60 sec.

10x Single Leg Hip Thrust
(each side)



Heel of support leg should be as close to butt as possible. From position 1 drive heel of support leg into ground and drive knee of unsupported leg up on a 45° angle. Lower down slowly. Repeat 10 times each side.

20x Repetitions of Walking Lunge



Take large step, lower body weight keeping trunk straight. Back knee at 90° angle and front knee not forward over front foot. Drive off front leg and take another big step with other foot. Complete 10 each side (20 steps).

5 Burpees



Start by lying on ground. Bring chest off ground and push weight up onto hands whileumping feet towards hands. Then jump for height. This is 1 burpee. Repeat by lying back on ground and going through the movement 5 times.

Complete this **BODY WEIGHT BLAST** twice a week to get ready for the McDonald's Mud Muster Training Groups, which will be held in Marton and Wanganui from September onwards!

McDonald's **Mud Muster**

GROUP TRAINING SESSIONS **at MARTON PARK!**

6 WEEK TRAINING GROUP



FRIDAYS STARTING 5TH SEPT 6-7AM

McDonald's **Mud Muster**

GROUP TRAINING SESSIONS **at COOKS GARDENS**

7 WEEK TRAINING GROUP



WEDNESDAYS STARTING 3RD SEPT 6-7AM

FREE FOR ALL THOSE WANTING TO TAKE PART IN THE MCDONALD'S MUD MUSTER ON SATURDAY 18TH OCTOBER 2014

To sign up for this 6 week training group please contact Rachel O'Connor at Sport Wanganui
rachel@sportwanganui.co.nz / 06 349 2318 / 0274 218 228

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SPLASH CENTRE CELEBRATIONS

Splash Centre Turns 25



The Splash Centre took a step back in time recently with a birthday party tribute to the '80's, and the opening of the Splash Centre in 1989.

Splash Centre staff donned day-glo lipstick and nail polish for several hours of pool party fun, celebrating 25 years of service to the Wanganui community. One lifeguard reported for duty in a 'Baywatch' costume to remind us of those heady days when, according to television, lifeguards not only rescued swimmers but were trained to deliver babies, disarm nuclear devices, and judge bikini contests too!

The birthday party was a fun-filled day of activities including music, giant inflatable races, pool toys, games, cake, prizes and an enormous outdoor slip 'n slide. With added bonuses such as a free hydroslide, face-painting, glitter tattoos and balloon sculpting, and even a sausage sizzle.



NEW DELIVERERS

Sport Wanganui welcomes three new Fundamental Movement Skills deliverers. Joe Sowden, Mihi Hika and Tukariri Dryden have joined the FMS delivery team with Mihi supporting Marie Kinloch in the regional schools while Tukariri and Joe assist Steve Kerfoot with Football delivery in the Wanganui schools.

They join a growing number of deliverers within the FMS programme which is now in 31 schools throughout the Wanganui region.



Joe, Mihi and Tukariri attend an FMS deliverer upskill session.

Angela Watson and Heather Johnston lead Gymnastics whilst the new Tennis programme is lead by Tennis Wanganui's Gene Ridgway. Cricket and Hockey are delivered independently by their respective associations.

25 years for Marie & Linda

A very special milestone was reached at the Splash Centre recently, with two staff members clocking up 25 years of service to the organisation and to the Wanganui community.



Marie Baker has been a swimming instructor with the Aquajet Swim School since the Splash first opened it's doors in 1989. Aquajet Swim School Co-ordinator Christine Strichen spoke about the versatile nature of Marie's work which has ranged from teaching babies, adults, children, special needs students and more. "Teaching Learn to Swim is not an easy job. It requires lots of patience and passion and commitment – traits that Marie has had all through her teaching years."

The number of students that Marie has taught during these years would be into the thousands; averaging 90 children and adults per term over 25 years means Marie has had a monumental impact on the swimming capability of the Wanganui population.

Linda is the Aquarobics instructor which includes the popular 'Fifties Forward' class, and has also been a swim instructor for the past nine years. Christine Strichen acknowledged Linda's commitment to her clients and her very caring attitude towards their wellbeing. Linda's dedication to her role was emphasised, endorsed by the numbers of Fifties Forward patrons that attended the morning tea function. Says Christine, "Fifties Forward has really been Linda's 'baby'. The way she has built up those classes, the way she cares about the people in those classes is a real credit to her. Both Marie and Linda are a huge asset to the Swim School and the Splash Centre. Their passion and commitment to all their classes is amazing."

Previous Facility Manager Adam Gosney was present to recognise the achievements of the two ladies, and to introduce newly-appointed Facility Manager Dave Campbell. Sport Wanganui CEO Danny Jonas and Board of Trustees representative Tania King presented Marie and Linda with a commemorative award each, in recognition of their long service - with both ladies continuing on in their roles indefinitely.

MITRE 10 MEGA
TOUGH KID® 2014
Friday 31st October
Cooks Gardens, Wanganui
OPEN TO ALL YEAR 3 - 8 KIDS
ENTRIES OPEN MONDAY 4TH AUGUST

For more information contact
Rachel on 06 349 238 or email
rachel@sportwanganui.co.nz

Green Prescription Success Story

After registering onto Green Prescription Celia Piripi is now encouraging other members of her family to start being active and improve their health. It is easy to hear the passion in Celia's voice for her determination and motivation to stay active.

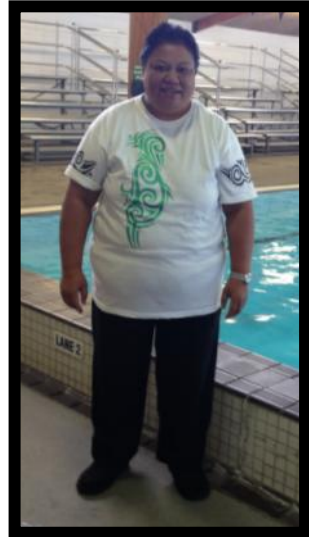
Rongoā Kākāriki
GREEN
PRESCRIPTION

"I joined Green Prescription in 2013 and have never looked back. The programme they put in place for me has been very successful".

Since receiving a Green Prescription Celia has lost 18 kilograms.

"My asthma was bad and I had a weight problem. I was basically not exercising at all. I used to try to get active before but didn't keep it up". When she was contacted by Green Prescription to come and have a talk Celia was ready to take it up.

"Being able to use the Splash Centre pools and gym is a very good way of keeping fit. It becomes very enjoyable".



Celia says she is now leading a much healthier lifestyle.

"I can do the housework and get around now much easier with the weight off and my breathing is so much better. I still walk the dog every day and love it. I have changed my eating habits and am eating healthier. I have more energy and am motivated to stay active. It only takes five minutes at the start but five minutes can increase to 15 minutes and more".

These days Celia is sticking to her philosophy – "Just get out there and do it. It comes down to common sense. You have to do it for yourself and with the support that I have had from the Green Prescription team and the Splash Centre team it's even better. They make you want to be there. It's a friendly and exciting atmosphere".

Celia is a great role model for our current and future clients. When we talked to her it was obvious she has the drive to stay active and healthy and to be there for others. "The more benefits you feel the more motivated you are and you just want to keep going to stay healthy. If I can do it anybody can."

Celia now has a goal - to train for a Triathlon.

FUTURE SPORTING STARS RECEIVE HELPING HAND

Future Champions Trust Chair and former Olympian, Philippa Baker-Hogan is delighted to announce that five recipients have been granted funds in the first round of the Future Champions Trust funding.

The purpose of the Trust is to provide financial support for high-achieving Wanganui individuals, to assist the advancement of their international sporting careers. The Future Champions Trust (FCT) was launched in November last year, and potential candidates were invited to apply to the fund earlier this year, in March.

Recently named in Canoe Racing NZ's Pathway to the Podium programme, Aiden Nossiter, Max Brown and Toby Brooke will emerge with the first of the FCT funding as each of them prepares for the 2014 Canoe Sprint Junior and U23 World Championships in Szeged, Hungary. That competition will take place in July, following a four-week training camp in the Czech Republic beforehand. All three of these kayakers have been named in the New Zealand U23 squad – an outstanding result for Wanganui.

Currently placed 1st in the Oceania U19 Championships class, Downhill Mountain biker Ben Watkins has been selected to represent New Zealand at the World UCI Downhill Championships in September. For Watkins, the World Champs will be the culmination of a European tour of mountain biking competitions in preparation for the World Champs, taking in Scotland, Austria, Switzerland, Italy and France.

Jessican van Bentum is the only female recipient of the grant. Selected for the NZ Junior Inline Speed Skating Team, she is currently preparing for the 2014 World Championships which will be held in Argentina later this year, followed by a training stint in Germany before returning to New Zealand.

The Trust is a new opportunity for local people and businesses to invest in the region's talented sporting youth, and to support the development of athletes that could potentially achieve at international level. Baker-Hogan would like to see more sponsors like this on board, "The Trust wants to be around long-term to assist generations of Wanganui youth onto the world stage and beyond, so we are keen to spread our message and build further supporters to do this". All levels of support are appreciated and interested businesses are encouraged to contact the Trust through it's website: www.futurechampionstrust.org or phone Philippa on 027 272 7953, or email enquiries@futurechampionstrust.org.

The next round of funding will open on 1st September 2014.

