



# SPORT WHANGANUI NEWS

## .. TERM THREE 2015 ..



### New faces at Sport Whanganui

Sport Whanganui is proud to announce the appointment of three new staff members; Jimmy Hildreth, Cherie Prince & Keeley Eastwood.



**Jimmy Hildreth** joins the team as a Community Sport Advisor. A key part of his role will involve gathering information about the region's sports and recreation to enable Sport Whanganui to deliver effective

programmes. Another major part will be

developing an effective workforce strategy to ensure partner organisations can recruit and retain volunteers in a way that our region's sport initiatives can run well.

Jimmy joins the team after taking a year's parental leave to look after his daughter. Before this he was part of the Wanganui District Council's Library management team and, before that, worked in a variety of sales and marketing roles.

He's a passionate runner, cyclist and triathlete and is keen to 'have another crack' at the New Plymouth Half Ironman this year.

"Achievement-wise, the more people we can get active in any capacity to help sport prosper in the region, the happier I'll be" says Jimmy.



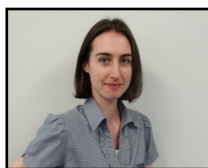
**Cherie Prince** is the new Bike Regional Development Officer and her remit will be to grow the region's cycling profile.

Her first step will be to get out and meet with key groups to assess how Sport

Whanganui can best support them. Her wider focus will be to 'get more bums on bikes in as many capacities as possible'.

Cherie has been cycling since she was a teenager and cycled competitively for about five years. Recently a stay-at-home mum taking care of her four young children, she is also a keen member of Wanganui Cycling Club.

Cherie says "There's incredible cycling talent in this region, including Olympic and Commonwealth medallists and coaches, so I'm really looking forward to tapping into this."



**Keeley Eastwood** joins as part-time Marketing and Communications Officer and her role will involve helping the organisation to develop and tell its unique story and connect with its communities and stakeholders. This will include helping

highlight key events and initiatives and profiling our region's thriving sports scene.

Keeley has spent the past four years as a freelance PR consultant in her business, Enlight PR – something she'll be continuing alongside her new role.

Before moving to Wanganui after the February 2011 Canterbury earthquake, she worked in various Christchurch-based freelance and in-house PR and communications roles. Before this, she worked for two years as National Press Officer at a leading UK health charity, the British Epilepsy Association.

Keeley enjoys walking while looking out for wildlife and has recently joined the Wanganui Tramping Club. She also enjoys creative writing and looking after her new kunekune pigs.

"Sport Whanganui's team is out there doing so many great things right across our community in many different sectors. I can't wait to help tell all these wonderful stories and to help the organisation continue making a positive difference through sport," says Keeley.

### Ray White

## WANGANUI SPORTS AWARDS 2015

FRIDAY 20TH NOVEMBER

WANGANUI RACECOURSE EULOGY LOUNGE

5:30PM ONWARDS

## NOMINATIONS NOW OPEN!

An evening to celebrate our regions sporting achievements!  
Nominate online or download a hardcopy nomination form.  
Nominations close Friday 9th October

[www.sportwhanganui.co.nz](http://www.sportwhanganui.co.nz) | 06 349 2318

# INTEGRATED PRIMARY PROGRAMME

Over the last four years Sport Whanganui has developed a Fundamental Movement Skills programme that has been delivered into Primary Schools within the greater Wanganui region. 2015 has seen the extension of that programme to a project called **Integrated Primary Programme (IPP)**, which incorporates a number of components over several different targeted age groups.

One of these components is **Basic Sports Skills (BSS)** for which Sport Whanganui contracts capable local sports organisations to deliver the core skills of their sports to Year 5 & 6 children.

One of those organisations in Term 2 was Hockey Wanganui, and in the below photo we see Michelle delivering hockey skills to the students at Castlecliff School.

For more information about IPP or BSS please contact:

Steve Kerfoot | [steve@sportwhanganui.co.nz](mailto:steve@sportwhanganui.co.nz) | 06 349 2323

*Michelle from  
Hockey Wanganui  
taking a session at  
Castlecliff School*



## FOUNDATION SKILLS

Foundation Skills have really taken off this term with nine classes from different schools having completed the programme.

Areas we are still focusing on are body awareness, eye tracking, vestibular system (balance), gross motor skills, fine motor skills and crossing the midline. These activities help with classroom learning and help 'wake up brains' so students can stay on task.

Teachers are responding with really positive feedback about the programme and have started using the activities in their daily routine. It has been a successful year for Foundation Skills and Sam is looking forward to continuing the programme throughout next year.

For more information about Foundation Skills please contact:

Sam Atkinson | [sam@sportwhanganui.co.nz](mailto:sam@sportwhanganui.co.nz) | 06 349 2312



*Sam taking a  
Foundation Skills  
session at  
Castlecliff School*



## COURT SPORTS UPDATE



### Basketball Open Court Time

Open Court Time has continued on into the third term. For Our Kids and the Wanganui District Council have come on board to help fund the initiative, meaning open court time is now free for all school aged kids.

We have been getting good numbers down to Springvale Stadium on Saturday afternoons and the level of play is picking up. We have had various groups coming down to participate, with kids from primary school as well as adults being involved. Open Court Time happens every Saturday 1 - 3pm, so come down and give it a go!



### Volleyball

With the weather (hopefully) getting warmer we are now heading into volleyball season. River City Volleyball has already kicked off their season, with teams playing at Jubilee stadium on Wednesday nights.

We have some exciting plans for junior development in the pipeline, so keep an eye out for the volleyball academy!

Our Volleyball Midweek League will start up in the fourth term, with a big emphasis on junior and intermediate volleyball. Come along and give it a go! If you are interested in playing Volleyball please contact [ross@sportwhanganui.co.nz](mailto:ross@sportwhanganui.co.nz) or phone 06 349 2320

### Badminton

Whanganui had three junior teams competing in the New Zealand team's event in Palmerston North during the July holidays. Teams from Under 13, 15 & 17's were all represented, a total of 22 players, with one local Under 17 boy playing for Hawkes Bay. The level of play for the local teams improved, with each team producing a win in their section. Parental help during the organisation for the tournament was much appreciated.

Term 3 was very busy for Graham, being involved with 20 classes from Wanganui Intermediate School and four from St Mary's School.

In Term 4 we will see St. Anne's RC School participating in two classes a week, Durie Hill School with three classes, plus Kai Iwi School for one session.

### Basketball U13 Reps

The U13 representative trials took place recently and the Whanganui Basketball Association have a girls team heading away to tournament in Napier from 7th - 10th October.

Coach Marie Joseph has been training the girls for a few weeks already, with the team looking to compete in a warm-up tournament in Levin. Good luck girls!

For more information regarding Court Sports please contact:

Ross Cronshaw | [ross@sportwhanganui.co.nz](mailto:ross@sportwhanganui.co.nz) | 06 349 2320

# PERFORMANCE SPORT

Congratulations to the following athletes and coaches who are part of Sport Whanganui's Pathway to Podium and Promising Athlete Programme for 2015.

## PATHWAY TO PODIUM

**Athletes:** Aiden Nossiter, Max Brown & Toby Brooke

**Coaches:** Brian Scott



## PROMISING ATHLETE PROGRAMME

**Athletes:** Erica Tanner, Louis Hogan, Briley Zimmerman, Cambell Tanner, Christian Conder, Amber Rose Thompson-Newth, Abby Hurley, Fergus Smith, Tim Rowe, Jordan Reardon, Luke Gemmell & Riley Culver



**Coaches:** Rob Conder, Tracey Corbett, Brian Scott, Rhys Watkins & Gareth Wright

## UPCOMING WORKSHOPS

### Sport Psychology – Open workshop with Gary Hermanson

**14 September 2015**

6.45 – 8pm in the Sport Whanganui Resource Room

*For anyone wanting to learn and discuss developing mental skills for performance in developing athletes. Building confidence, handling pressure, repeating competitive performance.*

### Female Athlete Health Workshop with Nicole Dryden

**22 September 2015**

6 – 7.30pm in the Sport Whanganui Resource Room

*For any parent/coach/teacher/sport coordinator/manager of young developing athletes. Latest information to help them reach their potential and manage their health.*

### Nutrition – Open workshop with Fiona Boyle

**19 October 2015**

6.45 – 8pm in the Sport Whanganui Resource Room

*For anyone wanting the latest information about best food for developing athletes.*

### Athlete Life Balance – Workshops with Jenny May Coffin

**27 – 28 October 2015**

*A series of workshops for talented athletes, parents and coaches – tools and strategies for managing life and sport goals. Coping with the demands of Sport.*

### Female Athlete Health Workshop with Nicole Dryden

**10 November 2015**

6 – 7.30pm in the Sport Whanganui Resource Room

*For any parent/coach/teacher/sport coordinator/manager of young developing athletes. Latest information to help them reach their potential and manage their health.*

To RSVP for workshops or to find out more about Coaching and Talent Development Programmes please contact:

[nicole@sportwhanganui.co.nz](mailto:nicole@sportwhanganui.co.nz) | 06 3492319

# COACH CHAT

with Sharon Kaua

## Sharon Kaua - Netball Coach Mint Café Marist A1 & A2

A talented representative netballer and rower in her time, Sharon has been coaching since playing and three years ago she took the reins of the Marist Premier Netball team looking to revisit their success of old. In this time they have climbed up to 3<sup>rd</sup> place and were easily the most improved team in 2015.

**Q: What have you learnt from this coaching stint?**

**A:** *That it takes the whole team to be successful and achieve the goals you set for yourselves. Having senior players leading well, a capable management team, player centred approach, clear and shared vision and enjoying each other!*

**Q: What do you look for in a player?**

**A:** *That they are free spirited – they give things a go and that they are open to being coached.*

**Q: Challenges and how do you overcome them?**

**A:** *Changing club or team culture takes time so you have to be committed and not be afraid of challenges. The club and players needed convincing of what could be achieved but kept upping expectations and goals each year.*

**Q: Any messages?**

**A:** *It's about family and everyone contributing and being there for each other.*



Sharon with her Mint Café Marist A1 Netball Team

# WHANGANUI KAYAK 10KM SERIES RACE

Anyone participating or spectating at the Whanganui leg of the Crazy Kayak Series on Saturday 8th August would be left in no doubt why the series is called 'crazy'. Having experienced a cold front complete with rain, some hail and a bitter cold air flow and despite the chill, 45 paddlers emerged on Lake Wiritoa and seemed to enjoy what turned out to be nice water conditions.

Ranging in age from Tyros to Masters, the event was held over two courses in two separate races. The Tyros and U14's paddled a half size course so they could replicate the three lap, six lap course set out for the U16 and above event. This gave the spectators plenty of viewing and the athletes the opportunity to receive plenty of motivational support. And thanks to an equally hardy bunch of parents and supporters that gave the paddlers plenty of cheering.

There were many interesting battles during the day and it was great to see all the athletes enjoying their respective race styles and taking the time to enjoy each other's company with a coffee, hot soup and cream scones!

Special thanks to everyone who helped make the event happen and to all those who travelled to support the event.

Head to [www.wmtc.co.nz](http://www.wmtc.co.nz) for all the event results.

# WINTER DUATHLON SERIES



The Whanganui Tri Club's winter duathlon season is starting to wind down with one race left on the series calendar. The series comprised of three races held over three months. A short sprint race was added this year to all three events to encourage the younger age group, and is ideal for newcomers to the sport who want to give it a go but might not be confident yet to go on the road.

The short course includes a 1km run, 3km cycle leg and finishes with a 1km run. The medium course consists of a 2.5km run to start, followed by a 10km cycle leg and ends with a 1.25km run, while the long course follows a 5km run course, 20km cycle and concludes with a 2.5km run. By offering three different course options, the winter series duathlons provide different levels of competition to suit all athletic abilities.

Also adding to the variety was the promise of a different course venue for each of the races in the series. The first race, held at the Whanganui River Top 10 Holiday Park, provided a scenic cycle course alongside the iconic Whanganui River. While the second race (the John Taylor Memorial) was held at the Bason Botanical Gardens where the undulating course both on the run and cycle legs made for testing conditions.

The third and final race was scheduled to be held at the Whanganui Multisport Clubrooms on Anzac Parade but unfortunately, due to flood damage to the Multisport Club shed, the third race will now be held at the Whanganui River Top 10 Holiday Park in Aramoho at the earlier time of 9:30am. The Holiday Park made a fantastic venue in Race 1 and we are very pleased to be able to use it again thanks to park owners Ben Kay & Jeannie Marshall.

If you haven't already attended one of the Duathlon events then get your whole family along to the final event on September 13<sup>th</sup> at the Top 10, registrations open from 8:30am. For entry forms and more information see [www.wmtc.co.nz](http://www.wmtc.co.nz).

For any Multisport enquiries please contact:

Amie Simpson | [amie@sportwhanganui.co.nz](mailto:amie@sportwhanganui.co.nz) | 349 2882

Oct 31st—Nov 1st



**Whanganui RIVER CHALLENGE**

2015



Plastic Fantastic \* 200m Sprints \* 4km Race

\* 13km



Open Canadian Canoes

Kayaks (single and double)

Rowing single/doubles/quads

SLNZ canoes/boats/skis

Waka Ama OC1-OC6

SUP

Ocean skis

K4

Find us on  **facebook.**

For entry forms or more information

Find us on facebook or email [amie@sportwhanganui.co.nz](mailto:amie@sportwhanganui.co.nz)

## Taipāhake Kaumātua Olympics

Nearly 300 people gathered to participate, support and run the inaugural Taipāhake games. The initiative came about at the request of kaumātua (elders) looking to reduce isolation and increase physical activity and whanaungatanga (kinship). The organising group included kaumātua, iwi health and community organisations, sport development providers and government organisations. From Taumarunui, Ruapehu, Rangitikei and Whanganui kaumātua enjoyed sport, physical, mental and cultural activities and spending time reconnecting with their relations and friends. Roll on Taipāhake 2016!



# SECONDARY SCHOOL SPORT

## MIDWEEK LEAGUES: Badminton

The badminton midweek league was well received this term with 84 Secondary School students from Wanganui Collegiate School, Wanganui Girls' College, Wanganui High School, Rangitikei College, Wanganui City College and Cullinane College taking part on a Friday after school over an 8 week competition.

The league was played at Wanganui High School and offered both beginners and competitive grades, with a mixture of junior and senior players involved, which included some very competitive matches. Some of the participants that played in the league are off to the national tournament in Auckland, so the league catered for high level play as well as social and beginner players.

"A great opportunity to play other schools, learn the rules, develop skills and enjoy the challenge of competing" - Cullinane College teacher.



## MIDWEEK LEAGUES: Futsal

Sport Whanganui also organised a Secondary School futsal league for Term 3 running on a Wednesday evening at Wanganui High School and on a Friday after school at Wanganui City College with the support from WCC teacher, Mike Connor.

This league involved over 80 students, both female and male from Wanganui City College, Wanganui High School and Wanganui Girls' College, with Ruapehu College also travelling down to compete.

The midweek league futsal project is achieving some really positive outcomes with some students playing futsal as their only school-based sport and it is attracting kids who don't usually play any other sport. This result is very pleasing for Sport Whanganui and with this success and the high interest in futsal, this league will kick off again Term 3, 2016.

## What's happening in Term 4...

Term 4 will see the return of KiwiSport funded Volleyball for Secondary, Intermediate and Primary School students.

These leagues are open to all students. Sign up through your school sports coordinator today!



## Wanganui Secondary School SQUASH

The Whanganui Regional Secondary Schools Squash was held on Thursday 31st July at the Ohakune Squash Courts.

Hosted by Ruapehu College, exciting close games were played throughout the day with all of the grades being taken out by Ruapehu College students.

**Girls Grade:** Emma Dowman  
**Boys Division 1:** Matthew Laurenson

**Division 2 Boys:** Jordan Nash.

The schools gave a huge "Thank you" to John Laurenson and Walter Edmonds at Ruapehu College for hosting such an awesome event!

**DUB.  
DEE.  
SEE.**  
youth.com.

## WANGANUI SECONDARY SCHOOL SPORTS AWARDS 2015

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AN EVENING TO  
CELEBRATE OUR REGION'S SECONDARY  
SCHOOL SPORTING ACHIEVEMENTS!  
TICKETS ON SALE FROM 21ST  
SEPTEMBER AT  
SPORT WHANGANUI

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TICKET PRICES:  
Nominees & their Coaches: \$3 each  
General Public: \$5 each

WED **OCT**  
**28** 2015

5.15 - 8:00pm

AWARDS EVENING will  
be held at Wanganui  
Girls' College School Hall

Proudly brought to you by

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Schools to nominate online at: [www.sportwhanganui.co.nz](http://www.sportwhanganui.co.nz)  
clare@sportwhanganui.co.nz | 06 349 2881

**For any Secondary School Sport enquiries please contact:**  
[clare@sportwhanganui.co.nz](mailto:clare@sportwhanganui.co.nz)  
06 349 2881

EXCITING GUEST SPEAKER TO BE ANNOUNCED VERY SOON!

# What's up in the REGIONS with Marie...



## RANGITIKEI & RUAPEHU

Wow, what a great Term 3 out and about in the regions! There has been plenty of action happening throughout the Rangitikei and the Ruapehu with those engaged in our Sport Whanganui Integrated Physical Education programmes. Our Primary School teachers have taken part in some professional development which included revising and updating their basic sport skills (netball, hockey, soccer and gymnastics) and establishing an understanding of our NEW Fundamental Movement Skills assessment and development tool. We have had 10 schools taking part and over 129 teachers engaged.

## RANGITIKEI MIDWEEK LEAGUES

The Rangitikei Midweek League commenced on the 6<sup>th</sup> of August with 16 Primary School teams taking part in 4-side Indoor Volleyball. This sport was introduced into the first year of our Midweek Leagues back in 2013 and has since gained growing interest from kids who have been participating over the last couple of years, with a growth from 132 to 160 children.

## FLIP & TWIST GYMNASTICS

The Rangitikei Flip & Twist Gymnastics after school programme has continued to grow in the Rangitikei.

Initially starting in Marton at a local primary school in 2013 and now in its third year, it has been extended to local kindergartens in Hunterville and Marton.

More children are gaining fundamental gymnastic movement skills to assist in their everyday play and school lives.

### TERM 4 FLIP & TWIST

#### Hunterville

8 week programme commences 19th October  
3:30 - 5:30pm at Hunterville School

#### Marton

8 week programme commences 20th October  
3:30pm - 5:30pm at Marton School

For more information visit:

<https://www.facebook.com/rangitikeiflipandtwist>

For any enquiries regarding the Rangitikei & Ruapehu regions contact:  
Marie Kinloch | [marie@sportwhanganui.co.nz](mailto:marie@sportwhanganui.co.nz) | 0274419305

## rangitikei SQUASH CLUB



Welcome to the RANGITIKEI SQUASH CLUB, Wellington Road, Marton.

Our club is friendly, social and centrally located. Casual Squash players and schools are very welcome to our 3-court facility.

**Subscriptions for 2015 (GST included) are:**

Family	\$385.00
Married Couple	\$325.00
Senior	\$205.00
Junior	\$ 90.00

Subs can be paid to the Membership Secretary Anna Dellow by cash, cheque or EFTPOS at the club or via bank deposit at Westpac Marton 03 0683 0141514 00 **use your name as a reference.**

**Have fun, keep fit, play squash!**

For further details contact the President:

Di Tasker | 027 671 9031 | [di.tasker@xtra.co.nz](mailto:di.tasker@xtra.co.nz)



← **Taoroa School** taking part in Basic Sport Skills for Soccer

**Turakina Primary School** taking part in Gymnastic Basic Sport Skills →



← **South Makirikiri School** taking part in Soccer Basic Sport Skills



# KiwiSport

**MORE KIDS, MORE OPPORTUNITIES, BETTER SKILLS**

KiwiSport is a government funding initiative administered by Sport Whanganui to increase participation for school aged children. The desired aim is to provide initial funding in order to get the project off the ground, with a focus on becoming sustainable over the coming years.

## KIWISPORT OBJECTIVES

- **More kids playing sport** - increase the number of school-aged children participating in organised sport both during and after school, by strengthening links with sports clubs
- **More opportunities** - increase the availability and accessibility of sport opportunities for all school aged children
- **Better skills** - support children in developing skills that will enable them to participate effectively in sport at both Primary and Secondary level

## WHO CAN APPLY?

Schools, Clubs & Community Groups

## KIWISPORT FUNDING CLOSING DATES

Applications for KiwiSport Funding close on the **30th April** and **31st October** each year. Please note that applications can be submitted at any time of the year, but will be considered after each closing window.

Fast Fund applications up to \$1,500 can be submitted at any time of the year. For any KiwiSport enquiries please contact Robyn Wood:

[robynw@sportwhanganui.co.nz](mailto:robynw@sportwhanganui.co.nz) | 06 349 2880

MITRE 10  
**MEGA**  
WANGANUI

FUTURE CHAMPIONS TRUST



**The Mitre 10 MEGA Wanganui Future Champions Trust funding round is closing on 30<sup>th</sup> September 2015 .**

The Mitre 10 MEGA Wanganui Future Champions Trust (FCT) provides financial support for high-achieving Wanganui individuals, to assist the advancement of their international sporting careers.

Wanganui has an abundance of talented young sports people who have the ability to compete at the very highest level; sometimes they just need an extra helping hand to assist them in achieving their potential on the world stage.

These youth are our future sporting elite, and creating tomorrow's champions starts today. For more information or to apply please go to [www.futurechampionstrust.org](http://www.futurechampionstrust.org)

Lotto  
**volunteers**

Supporting Local Sport Makers  SPORT NEW ZEALAND

## THANK A SPORT MAKER

Thank a Sport Maker and nominate your sport volunteers to win \$2,000 worth of sports gear and the **ultimate team experience!**

**Nominate online at**

[www.lottovolunteers.co.nz](http://www.lottovolunteers.co.nz)



## UPCOMING KEY DATES

5 Sep	Marton Pool Opening
13 Sep	Whanganui Triathlon Winter Series Duathlon
15 Sep	Contributing Primary Schools Cross Country
15 Sep	Year 7&8 Cluster Quad Sports, Marton
17 Sep	Year 5&6 Cluster Quad Sports, Marton
25 Sep	The Downs Group Rangitikei Tough Kid®
17 Oct	McDonald's Mud Muster®
22 Oct	Rangitikei 3-aside Summer Jam Basketball
28 Oct	Dub.Dee.See. Youth Committee Wanganui Secondary School Sports Awards
30 Oct	Mitre 10 MEGA Tough Kid®
30 Oct	Mitre 10 MEGA Corporate Challenge
30 Oct	Huntermville Interschool Cross Country
31 Oct	Whanganui River Challenge
8 Nov	Wanganui Hockey Community Gala
14 Nov	Dave Logue Cycle Classic, Taumarunui
20 Nov	Ray White Wanganui Sports Awards
23 Nov	Papanui Junction Country Schools Athletics
24 Nov	Contributing Primary Schools Athletics
27 Nov	Huntermville Interschool Softball Tournament
28 Nov	Te Kahui Maunga Festival
30 Nov	Taihape Primary School Athletics
2 Dec	KidsCan Santa Run, Virginia Lake

## TOUGH KID® SERIES



Waimarino  
TOUGH KID®

The first ever Waimarino Tough Kid® was held at the Raetihi Showgrounds on **Friday 3rd July**. 230 kids from 10 schools across Ohakune, Raetihi, Taumarunui and National Park took part in this great day out, battling their way through a range of obstacles including hay bale climbs, bubbly slip 'n slides, wall hurdles and even the local Fire Brigade!

Congratulations to everyone who participated and to those who placed, and also to Raetihi Primary School who were awarded the gnarly **Toughest School** trophy for 2015!

Some of the action from the 2015 Waimarino Tough Kid®



### THE DOWNS GROUP RANGITIKEI TOUGH KID®

The Downs Group Rangitikei Tough Kid will take place at McIntyre Reserve in Ohingaiti on **Friday 25th September**. This event has been running for the past three years, with 2015 looking like it may be the biggest one yet!

Can South Makirikiri School hold onto the Toughest School trophy for 2015? Make sure you head down to the McIntyre Reserve from 10am to find out and catch all the Tough Kid® action!

### MITRE 10 MEGA WANGANUI TOUGH KID®

The final event for the 2015 Tough Kid® season! All the action from the Mitre 10 MEGA Tough Kid® will be unfolding at Cooks Gardens on **Friday 30th October**, where over 1,400 Year 3 - 8 kids will participate in our famous obstacle course!

Head down to Cooks Gardens from 10am to be a part of all the laughter, music and action!

For any Tough Kid® enquiries please contact:

Rachel O'Connor | [rachel@sportwhanganui.co.nz](mailto:rachel@sportwhanganui.co.nz) | 06 349 2318



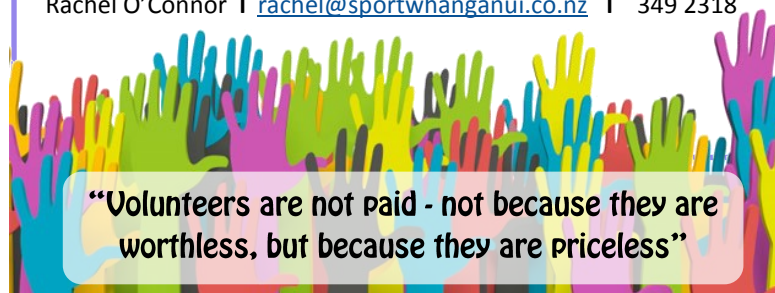
**Are you a volunteer who is keen to voluntarily volunteer at Sport Whanganui events!?**

We have a full events calendar coming up for the next few months and are always looking for awesome volunteers!

We have a wide variety of roles to suit all interests, so if this sounds like something you may be interested in please contact:

Rachel O'Connor | [rachel@sportwhanganui.co.nz](mailto:rachel@sportwhanganui.co.nz) | 349 2318

“Volunteers are not paid - not because they are worthless, but because they are priceless”





## Is this you?



Sport Whanganui staff have spotted you out and about in the community assisting with the **Waimarino Tough Kid™**, held in Raetihi on July 3rd.

Because you were spotted and to say thanks for giving up your time we have a special prize pack for you to collect from our office!

All you need to do is email [rachel@sportwhanganui.co.nz](mailto:rachel@sportwhanganui.co.nz) or phone 06 349 2318.

From the team at Sport Whanganui, thanks for being such a **GOOD SPORT!!**



## MITRE 10 MEGA CORPORATE CHALLENGE

a NIGHT of

## MENTAL & PHYSICAL

TEAM BUILDING CHALLENGES



Friday 30th October

Cooks Gardens : 5:30pm onwards

**WORKPLACE TEAMS OF FOUR**

**2 MALES**

**2 FEMALES**

**\$200 PER TEAM**

You have seen our local kids in action at the Mitre 10 MEGA Tough Kid® event and now is your chance to see if you've got what it takes!

Get your workplace teams of four together for a night of brain teasers and physical challenges (including the famous Tough Kid® course) and finish off with a mighty team quiz, drinks & nibbles!



SPACES ARE LIMITED SO REGISTER TODAY!

[www.sportwhanganui.co.nz](http://www.sportwhanganui.co.nz)

[rachel@sportwhanganui.co.nz](mailto:rachel@sportwhanganui.co.nz) | 06 349 2318

## Ray White

## WANGANUI SPORTS AWARDS 2015

An evening to celebrate our regions sporting achievements!

**NOMINATIONS NOW OPEN!**



Ray White

Wanganui Chronicle



AWARDS EVENING

**FRI NOV 20 2015**

EULOGY LOUNGE

Nominations close  
Friday 9th October 2015

**NOMINATE ONLINE AT**  
[www.sportwhanganui.co.nz](http://www.sportwhanganui.co.nz)

[rachel@sportwhanganui.co.nz](mailto:rachel@sportwhanganui.co.nz) | 06 349 2318

Proudly brought to you by



McDonald's

## Mud Muster®

Wanganui's Premier Off-Road Mud Run

## Saturday 17th October

3km, 5km & 10km course options available.

Enter online today or pop into Sport Whanganui for an entry form!

[www.mudmuster.co.nz](http://www.mudmuster.co.nz)

Proudly brought to you by



# SIDELINE BEHAVIOUR: Is it affecting your club?



We have all seen it and heard it, that one person who for whatever reason decides to take their frustration out on the very people that make sport possible. As the media has highlighted recently, coaches, officials, spectators and players are not only having to deal with this escalating verbal abuse but in some cases they are being physically attacked. The most worrying part of this trend is that the offenders are getting younger and the behaviour is now affecting the ability of sports to recruit and retain coaches and officials. Without these key people in our sports, sporting teams and competitions as we know it will not be possible.

No longer is side line behaviour just about the person abusing the referee on a Saturday morning, it is more about a wide range of negative behaviours that are now impacting our sports. From parents criticising coaches during practices to players putting each other down, we need to address these negative behaviours together.

Here at Sport Whanganui we value our sport makers and believe that our sporting communities should be a positive and supportive place for all. To combat and minimise the current levels of poor side line behaviour we are committed to working with schools, codes and community groups to develop consistent systems and support that meets the needs of the various sporting communities. Sustainable change can be achieved if we take a collaborative approach and put systems in place that are consistent across the codes. Before we can do this we need to get some clear insights into what are the specific issues around behaviour that are affecting your sport.

No matter what sporting code you are involved in there will be issues of poor behaviour that you have had to address at one time or another. We want to know:

**What are the issues that you currently have to deal with? How is this impacting on your sport, organisation or school?  
How do you currently address these issues? What support systems/policies do you already have in place?**

Sharing your thoughts and experiences is critical to our ability to address this issue. We look forward to working with our sporting partners over the next few months to work towards developing a plan to help build a positive and supportive sporting community for all. For more information regarding this campaign please contact:

Jodie Brunger | [Jodie@sportwhanganui.co.nz](mailto:Jodie@sportwhanganui.co.nz) | 06 349 2324

## New Coaching Structure for Bowls NZ



In November last year Bowls New Zealand released their new coaching plan. The creation of the Bowls Coaching Plan has been a collaborative effort between Bowls New Zealand, Sport New Zealand, bowls coaches and coach developers. A group of experienced coaches and coach developers, from both bowls and other sports, were charged with identifying the main issues facing bowls coaching across the wider bowls community and to provide solutions to these challenges. Many of the challenges identified apply to a range of sports, with it becoming increasingly difficult to attract coaches and volunteers.

In a recent meeting at Laird Park Bowling Club facilitators Joy Lynch and Keith Slight discussed the changing landscape of bowls and how Bowls NZ's new coaching structure has been created to address issues around coaching.

There are three levels to the new coaching structure:

**The Foundation Coach:** Supports participants and their first experiences in bowls.

**The Development Coach:** Supports a wider range of participants in a competitive environment.

**The Performance Coach:** Supports the narrowing range of identified players who have shown extra ability and are moving towards national representative bowls and players who are competing in an international environment.

All these stages have resources and ongoing support to help coaches develop the skills needed to be successful at the various stages.

Foundation coaches can come from anywhere - it's not about who they are but rather whether they understand and care about the development of people and offering them an enjoyable experience that will make them want to come back for more. The Foundation Coach model could be replicated across a number of sports to help encourage the increasing number of casual participants develop their skills in their chosen sport. The sporting landscape is changing and it is great to see that sports like Bowls are identifying and attempting to address the needs of their participants within their sport.

A number of Wanganui Bowling Clubs attended this meeting in the hope of creating opportunities to develop local coaches using this new coaching structure. If you would like more information about becoming a Bowls coach you can access the full coaching plan on the Bowls NZ website or contact:

Keith Slight | [keith@bowlsnz.co.nz](mailto:keith@bowlsnz.co.nz) | 021 966 177



Joy Lynch & Keith Slight from  
Bowls NZ

## GRx continues to meet targets

The Sport Whanganui Green Prescription (GRx) team is once again in the spotlight, proud with the recent survey results that have earned the seal of approval from the Ministry of Health and Health Minister Jonathan Coleman.

In the recent survey the Sport Whanganui programme achieved a fantastic nine out of nine KPI's. Survey results show 91% of those 'prescribed green' have been supported with activities that are appropriate and relevant to them. 88% are successfully supported to continue physical activity with the support of the Green Prescription team. 88% of GRx participants are satisfied with the overall service and support provided by the Wanganui team.

*"The Green Prescription program has helped me hugely. I have changed my whole way of thinking – I am healthier & fitter"* - Nyree

*"The Green Prescription people gave me a call and set me on the right track to lose weight"* - Lydia

*"I have become more active and I now encourage my whanau and friends to get support from Green Prescription, get out there and give it a go"* - Phyllis

For more information about the GRx Programme please contact:

Deb Byers | [deb@sportwhanganui.co.nz](mailto:deb@sportwhanganui.co.nz) | 06 349 2325



### Inspire Health & Fitness is where it's at!

Since opening for business on 1st August 2011, the team at Inspire of Mere Whanarere, Paul Ngatai, Allen Toms and Selina Kaipō have established and continue to grow their community exercise enterprise down at 31 Wilson Street, Wanganui.

The Inspire Health & Fitness Centre is a fully functional gymnasium with an extensive range of machine and free weights, cardio equipment, boxing and circuit equipment, group fitness and membership options. The facility covers an area of 1050 square meters and includes 75 off-street carparks, upstairs sauna and disability amenities.

"Here at Inspire, we believe everyone has the right to be healthy, happy and active regardless of ability or disability, age or culture, income or social status. We strive to provide and maintain a safe and inspiring exercise environment where no one is judged, everyone is respected and we all work hard to achieve results" says Facility Manager Mere.

For more information about the gym, its facilities or membership options contact:

[www.inspirewhanganui.co.nz](http://www.inspirewhanganui.co.nz) | 06 349 9486

SPLASH ABOUT  
AT THE



**MANIC  
MAYHEM**  
'Schools Out'

Games on offer & treats to give away!

Friday 25th September

5:30 - 7:30pm

Ages 8 - 12 years

**FROZEN**

PARTY AT THE SPLASH

SATURDAY 26TH SEP

Come on down and meet Princess Elsa! We have fun games on offer and treats to give away!



★ 10:30AM - 12NOON

**\$5 ENTRY**

TODDLERS 7YEARS &  
UNDER



06 349 0113

TERM FOUR  
**SPLASH BALL**  
@ the Splash



Thursday's

3:30 - 6pm

Registrations now open.  
Enter your team of 7 today!

Tournament will run weeks 1 - 9  
of Term 4:

Junior Grade: Year 3 & 4 (6 teams needed)

Senior Grade: Year 5 & 6 (6 teams needed)



**\$175 PER TEAM**

Max 2 teams per school

[www.splashcentre.co.nz](http://www.splashcentre.co.nz) | 06 349 0113

# CLUBS CLUBS CLUBS CLUBS

## COMMUNITY HOCKEY GALA.

WANGANUI

Fundraising for the redevelopment of our local Community Hockey Turf

**Sunday 8th November 2015**  
**Gonville Domain**  
 10am - 7pm



**BIG FUN BOUNCY CASTLES**



**BAKE STALLS**



**FRESH PRODUCE**



**LIVE MUSIC**



**FOOD**



**face painting**

**games**



### Ratana Maramatanga Sports Club

Kia whai kororia honore harerua Kia ihoa o nga Mano. Matua, Tama, Wairua Tapu me nga Anahera Pono me te Mangai te kai-tautoko aiane i ake nei ael

Ratana Maramatanga Sports Club will be hosting the Rangataua Sports Club to participate in a sporting event on Saturday 12th September 2015.

During the day we have children's games on the Marae, Netball before lunch and rugby on the field between Rangataua B and present/old boys of Ratana rugby.

The final game is the Jamie Berry (a.k.a Mantis) memorial tournament for the Jamie Berry cup sponsored by Jim and Marge Berry.

That evening, we have a formal dinner which celebrates 90 years since the establishment of the RMSC. We have speeches, entertainment, photos, positive vibrations and much more. For enquiries and formal dinner tickets please contact:

Johnathan Kaa | [johnkaa12@gmail.com](mailto:johnkaa12@gmail.com)



### Think summer and you think cricket!

The cricket season is fast approaching so it's time to join a team and enjoy another summer of cricket with people who are passionate about the game.

Make Wanganui Renegades Cricket Club your club of choice.

To find out more about what the club can offer you visit [Wanganui Renegades Cricket Club](#) Facebook page or contact:

Ben Heap | 027 3699157

### YMCA FOOTBALL SEVENS



**1st SUNDAY**  
**November 2015**

Peat Park. All Day Comp.

Cost: Early Bird, Before 22nd October \$200, or \$250 a team if paid after.

To Enrol or for more information contact BEN on 027 477 7781 [ben@ymcacentral.org.nz](mailto:ben@ymcacentral.org.nz)



[www.ymcacentral.org.nz](http://www.ymcacentral.org.nz)



Show your spirit

### YMCA STREET FOOTBALL



**6th SUNDAY**  
**December 2015**

Collegiate Hockey Turf

Cost: \$200 if paid before 21st November, \$250 if paid after.

To Enrol or for more information contact BEN on 027 477 7781 [ben@ymcacentral.org.nz](mailto:ben@ymcacentral.org.nz)



[www.ymcacentral.org.nz](http://www.ymcacentral.org.nz)



Show your spirit

Benjamin Androutsos | YMCA Central Sports Co-ordinator  
 027 477 7781 | [ben@ymcacentral.org.nz](mailto:ben@ymcacentral.org.nz)

### GONVILLE SWIMMING CLUB REUNION 2015

The Gonville Swimming Club invites past swimmers, divers, supporters and partners to attend the 2015 Reunion, which will be taking place in Wanganui on 24th and 25th October.

Registration is \$30 per person which includes Saturday's Meet & Greet, Sunday's Splash & Dash plus Morning and Afternoon Teas. Dinner is \$50 and transport is available.

Jane Lowe | 06 343 1325 | [buickvalley@gmail.com](mailto:buickvalley@gmail.com)



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[www.facebook.com/SportWhanganui](http://www.facebook.com/SportWhanganui)



EVENT MAJOR SPONSOR



3/4 MARATHON & HALF MARATHON PLUS 5km AND 10km EVENTS

EVENT ORGANISERS Wanganui Harrier Club

SATURDAY 12th DECEMBER 2015

- 4 LAP COURSE FOR FULL MARATHON
- 3 LAP COURSE FOR 3/4 MARATHON
- 2 LAP COURSE FOR HALF MARATHON
- 1 LAP FOR 10KM
- 5KM DUBLIN/CITY BRIDGE LOOP

FOR MORE INFORMATION

Phone: Allan and Pat Carter on 06 348 7750  
or Allan on 027 246 5976  
Pat 027 246 5975

Email: wanganuiharrierclub@gmail.com

Visit: www.wanganuiharrierclub.co.nz



Public Session Times - \$5.00 Entry

Fridays 7-9pm, Saturday's 2-4pm & 7-9pm, Sunday's 2-4 pm

Learn to Skate Classes - \$5.00 Entry

Thursdays 6-8pm. For all enquiries phone Gary on 06 348 8366

If you are interested in:

Speed Skating contact coach Gary Clark on 06 348 8366

Artistic Skating contact Hannah Smith on 027 842 3229

Playing Roller Hockey contact David Dench on 021 0836 7706

37 Hatrick Street | 345 3381



The Dave Logue Cycle Classic is a Memorial race to Dave Logue who passed away in November 2003 from Melanoma. Dave was into competitive and recreational cycling.

This year the DLCC bike race will be held on November 14th 2015. The circuit consists of 114km of undulating, challenging and beautiful scenery with the race commencing and finishing in Taumarunui. The ride takes you around what is termed locally as "The Ohura Circuit" with the first 25km on SH4 after

which you turn off to fast, smooth country roads. This event is two weeks before the Taupo Cycle Challenge making it the perfect training ride.

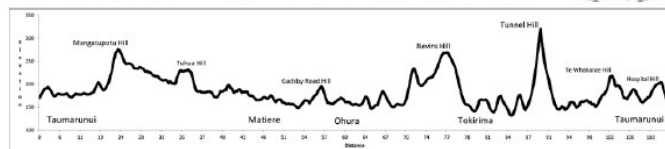
Open Grade Individual Male and Individual Female Prize money offer of: \$1,000 1st, \$500 2nd and \$250 3rd. An early 8am start time for slower riders is offered. This event supports the Melanoma Foundation with \$5 from each entry being donated.

See you all on November 14th 2015 - only \$50 entry fee

For more information visit our website:

[www.davelogueclassic.co.nz](http://www.davelogueclassic.co.nz)

or contact us via email: [info@taumarunui-cyclingclub.co.nz](mailto:info@taumarunui-cyclingclub.co.nz)



The Tennis season is just around the corner so it's time to get those racquets out and head down to the Wanganui Tennis Club. Come along and experience the fun family atmosphere during one of the many tennis events on offer.

**September 19th is the Wanganui Tennis Open Day:** A festival day where the courts are open to the community to come along and play tennis. Take a quick tennis lesson with one of the coaches, hit some shots against the Ball Machine, play on the Hotshot courts, maybe win a spot prize or two and find out how you can be involved.

**Social Tennis play for all on Monday nights 5pm, Tuesday and Thursday mornings from 9am:** If you would like to play tennis then come on down to the tennis club on Basset Street. Monday nights you need to bring a partner as it is a doubles mixer where you will play a few sets. Tuesday and Thursday mornings are mid week social play with morning tea at 10.30am. If you are not a member you can pay a visitor fee to play on the day.

**Hotshots (Small courts) tennis league:** For the young and new junior players weekly on Thursday afternoons 3.30 - 4.10pm at the Wanganui Tennis club starting in week 2 of Term 4 at school. Equipment provided or bring your own. Teams of 2 players make it easy to play with a friend, one short singles match and one short doubles match each of only 15 minutes are time friendly for parents and on a week day keeps your Saturday morning free! Sign up at your school to play.

**School Holiday Tennis 5-9 October at the Tennis Club:** 3 hours per day of tennis for a week will fast track your start to the season. 9 - 12 am session working on grips, swings, techniques, rallying, and playing real tennis! Cost is just \$95 for the week (15 hours).

Basset Street, Wanganui | [generidgway@gmail.com](mailto:generidgway@gmail.com)



## WANGANUI JUNIOR TENNIS OPEN 2015

Where: WANGANUI TENNIS CLUB

When: 26-29th September 2015

Age Groups: 10s, 12s, 14s, 16s & under

Events: Singles & Doubles

Entries Close: 5PM, 16th September 2015



the "Tennis Central Sprint Tri-Series"  
Wanganui - 26-29th September 15  
Manawatu - 30 Sept to 4th October 15  
Wellington - 5th to 9th October 15

Weather permitting, tournament for age groups consists of: three short singles and doubles, flash-in consolation plate singles, & special prize! All players will play at least 2 singles matches per event entered.

Many thanks to our sponsors & supporters:

