



DAVID JONES SUZUKI NZ SCHOOLS TRIATHLON CHAMPIONSHIPS

The David Jones Suzuki NZ Schools Triathlon Championships are just around the corner! March 30th and 31st will see hundreds of athletes flood into Whanganui, bringing with them family, friends, supporters and coaches.

Four events will take place over two action packed days with racing happening right in the heart of the city. Races start from 8:30am both days.

Race day is fast approaching and entries are coming in from around the country from Invercargill to Whangarei. The course is flat and fast so some close racing is predicted in all age groups from U12 to U19.

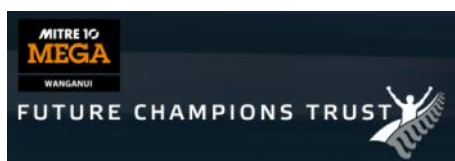


The TRI HUB at Pakaitore will be where all the action happens, starting with the official opening ceremony on Wednesday 29th March. Mud Ducks have come on board to host a 'Pasta

Party' on the Wednesday evening to help fuel the athletes before their races.

Road closures are in place both days along the cycle and run course on Taupo Quay and Somme Parade, including the Dublin Street Bridge on the Thursday from 7am – 8pm. For more information about the event visit www.schooltrichamps.co.nz.

Special thanks to naming sponsor David Jones Suzuki and age group sponsors Mitre 10 Mega, Traffic Safe NZ, Jurgens Demolition and Mud Ducks.



The Mitre 10 MEGA Wanganui Future Champions Trust Funding Round is closing 31st March 2017. The Mitre 10 MEGA Wanganui Future Champions Trust (FCT) provides financial support for high-achieving Whanganui individuals, to assist the advancement of their international sporting careers.

Whanganui 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.

To find out more visit their website: www.futurechampionstrust.org

MITRE 10 MARTON TRIATHLON

The first ever Mitre 10 Marton Triathlon was held on Sunday 5th March and was a huge success. The event attracted 137 participants from across the lower North Island, along with plenty of supporters cheering them along.

A huge congratulations to all who took part - we hope to see you all back again next year!



Long Course

1st Ethan Gillespie; **2nd** Randall McIlwaine;
3rd Mark Grayson

Long Course Teams

1st Team Gunn-Sutton-Downes; **2nd** Team OMYS;
3rd Team Hodds

Medium Course

1st Peter Coxon; **2nd** Georgina Bryant; **3rd** Hunter Gibson

Medium Course Teams

1st 2 Fast 2 Furious; **2nd** Team Pritchard;
3rd Team Grunwald

Short Course

1st Aaron Sheehan, **2nd** Kelvin Bouskill,
3rd Jaime Mayberry

Short Course Team

1st Team PAT, **2nd** Team BMT, **3rd** Team Paranihi Whanau

10 - 12 Yrs. Short Course

1st Maggie Jones, **2nd** Bella Ives, **3rd** Danja Grunwald

Many thanks to Rangitikei College for being the host school.

See full results at

www.sporty.co.nz/mitre10martontriathlon



FUNDING ROUND CLOSING

Every entry goes in the draw to win a MOUNTAIN BIKE

Kiwi Kids Bike Races

\$2 per race

For all kids from under 5 to 13 years. Building skills and confidence on bikes

Sunday 19th February - St Johns Hill School
 Sunday 5th March - Wanganui Intermediate
 Sunday 19th March - Pauri Road Tracks

Hosted by the Wanganui Mountain Bike Club. Join us on Face

What's Happening in the Regions with Marie

Pedal 4 Pleasure Cycle Event

MARTON

REGISTRATIONS NOW OPEN

Categories:

- Wards Furniture 80km Ride
- BJW Motors Ltd 40km Ride
- The Downs Group 15km Ride

We are proud to announce that Marton Rotary will resurrect their bike event which will be held on 19 March in Marton. The event is to encourage locals and bike users from all over to participate in a bike friendly event.

Head to the Sport Whanganui website to find out more:
www.sportwhanganui.co.nz/events



Rippa in the Regions



Last month the Wanganui Rugby Football Union ran a Rippa Rugby programme, set up by Sport Whanganui, in a number of Rangitikei and Ruapehu primary schools.

It has been a pleasure working with the children and WRFU on fields that in some cases have just had the sheep chased off them and seeing the kids with a genuine 'she'll be right' attitude. Rain, hail or frost, prickles or sheep poo, it doesn't matter - we had great fun.

GRASS ROOTS RUGBY AT IT'S BEST!!

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FRIDAY 2ND JUNE 2017
 RAETIHI SHOWGROUNDS

10 TIPS

for creating a COMMUNITY GOOD SPORTS

Some things to remember when you are supporting community sport.

The community Good Sports initiative has been designed to encourage a positive and supportive environment for everyone to enjoy sport. The initiative provides resources to inspire parents, participants, coaches and officials to stamp out negative behaviour. This campaign is designed for everyone involved in sport, whether it's to maintain a positive sporting culture, or to develop better practices from the ground up.

- | | |
|--|--|
| <p>1 Respect the officials decisions; be a good sport!</p> | <p>6 Remember that the game can be very different to take part in compared with viewing it.</p> |
| <p>2 Show your love of sport by applauding all competitors and opponents</p> | <p>7 Let players make their own decisions. They learn best from trial and error.</p> |
| <p>3 Provide positive, supportive, and motivating comments; sport is fun!</p> | <p>8 Be well mannered in post event functions and when speaking with stakeholders.</p> |
| <p>4 Be thankful to the coaches, umpires, and officials who give up their time to help sport.</p> | <p>9 Wait for the half time break in the game to communicate to your players and debrief.</p> |
| <p>5 Appreciate all levels of sport engagement, regardless of gender, ethnicity, or ability.</p> | <p>10 After the game ask questions that allow the player to reflect and have them do the talking.</p> |

Anyone wishing to find out more or get involved in the 'Community Good Sports' campaign can head to the Sport Whanganui website or contact Jodie Brunger or Clare Lynch on (06) 349 2300.



LOCAL AND LOYAL APP

Sport Whanganui in partnership with the Local and Loyal app are committed to supporting our sports community with promotion of their community events and programmes.

Download the app to have instant access to sports draws and receive sports cancellations as pop up notifications on your phone.

If you have any community events or programmes you wish to promote then send through a flyer outlining the details of your event and we will add it to the app's community events calendar.

To have your sports club listed on the Sport Whanganui part of the app or to find out more about how the app can work for you contact paula@localandloyal.co.nz

SUPPORTING OUR KIDS

Many of the sports codes I have worked with over the last year and a half all have the same problem. Finding quality coaches for youth in their sport. It is getting harder to find people who are willing to give or have the time to give to coach youth sport.

Coaching kids is and has been for me one of the most rewarding things I have ever done. My teams have not always been the best or won every game or championship but I have always finished each season proud of what my team and I have achieved together.

So what really makes a great coach? If you ask parents and athletes you often get a very different answer. Dr Craig Jackson from AUT has come up with a list of 7 things great youth coaches get right.

They care about the person more than the athlete.

Athletes are people first. Great coaches understand that it's more important to develop personal skills and characteristics, which are transferable to other domains of life, than those specific to the sport they're coaching. Things like empathy, communication, and problem solving.

They understand that anything worthwhile takes a long time.

Learning takes time. And significant effort.

Great coaches have a real sense for what it takes to develop skills to the point that they become ingrained, so that they can be performed without thinking when the pressure is on during competition.

They understand that people are at the heart of motivation

You're more likely to get out of bed on a cold winter's morning when you know someone is counting on you to be there and when you feel part of an important group of like-minded people.

Great coaches create a learning environment that values every single athlete for showing up.

They build rapport before giving feedback.

It's hard to hear about the things you suck at. Your weaknesses.

We all need feedback to improve and it's much easier to swallow when you know it's coming from someone with your best intentions at heart.

Great coaches know the developing a trusting relationship precedes your ability to give effective feedback.

They talk to their athletes about life.

Kids live in a world full of challenges and struggles and in many instances are yet to develop the skills to get through them alone.

There's something about a caring relationship developed through sport that makes problems easier to discuss and where advice can be sought without fear of embarrassment.

Great youth coaches check in with their athletes about their lives outside of sport, like what's up at home, school, and in other peer groups.

They're exciting to be around.

You're more likely to stick with something that's exciting. I think it's a key indicator of adherence.

Training can be hard, and often boring. "*Get comfortable with the boring*" is a great piece of advice I received about learning. Getting adequate repetition to acquire a new skill properly takes time.

Great coaches bring excitement to the training environment. They know when their athletes are down and exactly how to get them up.

They stay interested in their athletes after the whistle blows time.

A relationship founded in sport can last for life. Great youth coaches make themselves available to their athletes well after their coaching commitments end.

Did you have a coach in younger days that made a lasting impact? Why not reach out to them and say thanks? It will be well worth your time.

By Dr Craig Jackson, 1 Feb, 2017



Sport Whanganui would like to thank everyone who has come forward so far to volunteer for the David Jones Suzuki NZ Schools Triathlon Championships.

Without volunteers, events like this just could not happen.

If you are not yet a volunteer and may be interested please contact Clare Lynch on 06 349 2881 or clare@sportwhanganui.co.nz.

thank you!

PRIMARY SCHOOLS

The Year 7 & 8 students of St Anne's RC School have been doing a 'Learn to Ride' module at Cooks Gardens Velodrome this term. Groups of 15 or so students have been building their bike handling skills and confidence under the guidance of Sport Whanganui's instructor Steve Kerfoot, with a view to taking part in the Secondary Schools Mountain Bike Championships (Intermediate section) in June as well as a school trip to ride the Old Coach Road cycle trail later in the year.

The class teacher involved, Mr Halim Sheridan has been impressed with the development of the students in these three hour session that have been based on Bike New Zealand's Learn to Ride course.



MIDWEEK LEAGUES

SECONDARY SCHOOL & INTERMEDIATE VOLLEYBALL

Term One's Midweek League volleyball has been really well received. There has been solid entries from the usual schools, as well as new entries from Rangitikei College and Cullinane College.

High team numbers has led to a full draw in the competition on Wednesday nights, with some very competitive games being played. There are 19 girls teams involved in the competition as well as a few mixed teams, it's great to see the amount of interest for the sport.

Whanganui High School's top boys and girls teams are travelling over to compete in the Palmerston North league on Monday nights, while they build toward Nationals. It's really encouraging to see teams that have been part of the competition setting such high goals for themselves.

There are also teams that take part in the Midweek League volleyball that compete in the River City Volleyball adult's league, which is held on Wednesday nights.



PRIMARY SCHOOLS VOLLEYBALL

The primary Midweek League volleyball has been a big success so far this term. There are 20 primary school teams involved, with a couple of schools playing up in the Intermediate league too. Friday afternoon at the Springvale annexe are a very noisy affair, with the kids packed into the courts having plenty of fun.

We'd like to thank all the parents and teachers that are involved in making the league run so well. It's great to see so much parental involvement.

3x3 Basketball

The 3x3 basketball league has been running on Saturday afternoons, between 1-3pm, at WHS. Nine teams competed this term with each playing two games during these afternoons.

The level of competition has been very high, with some very competitive games and many going into overtime, with big shots being made to win.

The aim of the competition is to build up for the Basketball NZ Secondary School 3x3 Slam being held in Tauranga during summer tournament week. There are two teams from WHS heading to the competition this year, hoping to replicate the success of last year's teams.

Secondary Schools

WSS LIFESAVING



The Whanganui Secondary Schools Lifesaving Championships were held at the Splash Centre on Friday 3rd March. Twelve teams competed from four schools; Whanganui High School, Whanganui Girls' College, Whanganui City College and

Wanganui Collegiate School. This is an increase in participants and schools involved which is a great result and an indication of all the hard work Marie Baker (Royal Lifesaving Society) and teachers in charge are doing within secondary schools. Excitement levels were high as the students screamed and cheered for their team mates.

The student instructors were outstanding, coaching and encouraging their students as they competed.

A big thank you to Marie Baker of the Royal Lifesaving Society and to her team of helpers for your support with this event.

WSS LIFESAVING RESULTS 2017

GIRLS GRADE:

- 1st Wanganui Collegiate School 2, 12 pts
- 2nd Wanganui Collegiate School 1, 15 pts
- 3rd= Whanganui Girls College 1, 25 pts
- 3rd= Wanganui Collegiate School 3, 25 pts
- 5th Whanganui High School, 29 Pts
- 6th Whanganui Girls College 2, 33 pts
- 7th Wanganui Girls College 3, 46 pts

Female Instructor: Lucy Brown and Sara J Matangi - Wanganui Collegiate School

BOYS GRADE:

- 1st Wanganui Collegiate 1, 8 pts
- 2nd Wanganui Collegiate 2, 16 pts

Male Instructor: Jack Southee - Whanganui High School

MIXED GRADE:

- 1st Whanganui High School mixed, 8 pts
- 2nd Whanganui City College, 16 pts

WSS SWIMMING

The Whanganui Secondary Schools Swimming Championships followed on from the lifesaving event on Friday 3rd March with swimmers from seven secondary schools; Whanganui Girls' College, Whanganui High School, Nga Tawa Diocesan School, Rangitikei College, Ruapehu College, Wanganui Collegiate School and Cullinane College. A successful meet with an increase in entries compared to last year and wonderful help from swim club officials and volunteers.

WSS STUDENT SPORTS COUNCIL

The WSS Student Sports Council is a new initiative that was launched this year. Each secondary school nominated up to three students to be part of this council and will meet on a termly basis at a different host school.



The purpose of this council is to create a formal platform where student voice in secondary school sport can be heard and influence decisions related to secondary school sport across the region. These students will be leaders within the sports community and their school and their contribution will be valuable to the success of secondary school sport.

The first meeting was held on Monday 6th March with WCS as host school. Lexi Maples and Bradley Sanson (WCS leaders) led the icebreaker asking all student leaders to introduce themselves. The workshop was filled with plenty of brainstorming and discussion, this group have great ideas for secondary school sport! Lexi and Bradley finished with a fun game and a tour of WCS and the facilities. The session

concluded with lunch together in the dining room.



The leaders went away with a small project to work on around non-participants in their own school and will present back with their findings at the next meeting in term 2.

SECONDARY SCHOOL TENNIS

Tennis Wanganui in collaboration with Sport Whanganui, has launched two new competitions for secondary school players. With an influx of kids wanting to play, another venue was required to be able to cater for the numbers. The secondary competition is played at Whanganui High School and Whanganui Girls' College with two grades – the year 9-11 after school followed by the year 12 & 13 players. With club and schools input, a calendar of tennis competition options were created for secondary school students. No matter the level or ability, there is a tennis competition available for everyone.

Contact Gene Ridgway for more information on 021 025 23147.



WHS students India-Rose Wallace & Holly-Rae Mete

COMMUNITY WORKSHOPS

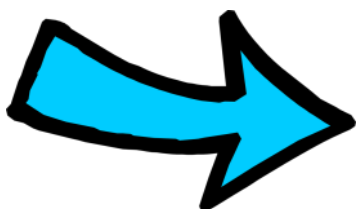
The community workshops which Sport Whanganui launched last year to address needs highlighted by our region's sporting community are continuing – with a host of diverse learning opportunities planned for 2017.

Sport Whanganui has teamed up with experts in a range of sport-related fields to deliver these workshops. Topics planned for this year include strapping, sports massage, goal setting for athletes and coaches, grassroots coaching for beginner coaches and a basic food nutrition workshop for young sports people and their parents/coaches.

We are confident these workshops will again be popular with a reasonable amount of interest already.

To register for, and/or find out more about, upcoming workshops contact Clare on (06) 349 2881 or email: clare@sportwhanganui.co.nz. Also keep an eye on Sport Whanganui's Facebook page for the latest information.

Check out our workshops



WANGANUI BADMINTON

Badminton is a fantastic, affordable sport that can be played all year round. If you are new to the sport or would like to play socially or competitively then there are a number of days and times to choose from.

Monday Club nights, 7-30 – 9-30pm. \$7 per night or a season sub. Suitable for all abilities. Rackets available.

Tuesdays 6-00pm – 8-00pm Recreational Juniors. \$4 per session. Rackets provided.

Thursday morning 9-30 – 11-30am. \$5 per session. Rackets available.

Representative play for Juniors.
Under 13 group, Wednesday 6-00 – 7-30pm. Under 15, 17 and 19,
Mondays 6-00 – 8-00pm.

For those who wish to simply play with family or friends and play when you want to, you can hire courts for casual fee of just \$8/hour.

If you would like to know more about getting involved in any of these programmes or hire a court then contact:

Graham Fiest: 027 658 8680

Email: gfeist@xtra.co.nz



2017 Upcoming Community Workshops

Workshop: Sports Massage

Date: Monday 3rd April 2017

Time: 6:00 - 7:30pm

Where: Presbyterian Church - 112 Guyton Street, Whanganui

Facilitators: Terry Arbuckle - Therapeutic Massage Clinic

Cost: \$20 per person

Workshop: Goal Setting for athletes and coaches

Date: Monday 8th May 2017

Time: 6:00 - 7:30pm

Where: Sport Whanganui Resource Room

Facilitators: Sport Whanganui

Cost: FREE

Workshop: Grassroots Coaching - For beginner coaches just starting out.

Date: Monday 15th May 2017

Time: 6.00 - 7.30pm

Where: Sport Whanganui Resource Room

Facilitators: Sport Whanganui

Cost: FREE

Workshop: Sports Strapping

Date: Monday 22nd May 2017

Time: 6:00 - 7:30pm

Where: Sport Whanganui Resource Room

Facilitators: Terry Arbuckle - Therapeutic Massage Clinic

Cost: \$20 per person

Workshop: Basic Food Nutrition for Young Sports People

Date: Friday 26th May 2017

Time: 5.30 - 7.30pm

Where: School venue TBC

Facilitators: Mariana Alletson - Dietician

Cost: FREE

TO REGISTER CONTACT:

Clare Lynch - Sport Whanganui

Secondary School & Community Coach Manager

DDI: (06) 349 2881

CELL: 027 370 7226

EMAIL: clare@sportwhanganui.co.nz

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WHANGANUI BOXON RUGBY LEAGUE



2017 Teams available

MINI MOD AGE GRADE RUGBY LEAGUE - U7's, U9's and U11's.

Open to males and females, full tackle played at Coronation Park, Palmerston North every Sunday. Competition starts on Sunday 19th March 2017 and runs for 12 weeks. A van for travel is available weekly for players if needed. Contact to be made by parents to Kiah for rides each Wednesday for Sunday.

Training days for these teams are Mondays and Wednesday 5pm at Springvale Park, Whanganui.

Pathways:

- * Curtain Raised the NRL Warriors and North QLD Titans game that was played at Arena Manawatu in Palmerston North on Sunday 17th February 2017.
- * Age Grade Manawatu Club Competition.
- * Opportunity to enter the 2017 NZ Maori's Tournament.

JUNIOR AGE GRADE RUGBY LEAGUE - U13's, U15's and U17's.

Open to males only, full tackle played at Coronation Park, Palmerston North every Sunday. Competition starts on Sunday 19th March 2017. A van for travel is available weekly for players if needed. Contact to be made by parents to Kiah for rides each Wednesday for Sunday.

Training days for these teams is Wednesday 5:30pm at Springvale Park, Whanganui.

Pathways:

- * Age Grade Manawatu Club Competition.
- * Age Grade Manawatu Representative Team - Manawatu Mustangs.
- * Age Grade Zone Representative Team - Mid Central Zone Vipers.
- * Opportunity to enter the 2017 NZ Maori's Tournament.
- * NZRL Performance Camp.
- * NRL Club Trials and Camp.

SENIOR RUGBY LEAGUE - Senior Premier Team. (2016 WINNERS!)

Senior Premier Competition is open to males only and is full tackle that is played in the Manawatu competition with home and away games.

Training nights are Tuesdays and Thursdays 6pm London Park, Castlecliff, Whanganui.

Pathways:

- * Manawatu Club Competition.
- * Manawatu Representative Team - Manawatu Mustangs.
- * Opportunity to be selected for representative teams entered into the 2017 NZ Maori's Tournament.
- * Selections for NZRL Residence Team.

We are looking for Coaches, Trainers and Managers. There are also opportunities available to do Coaches, Trainers, Managers and Referee courses.

For more information please don't hesitate to text Kiah Reweti - Club Secretary on 022 369 1242 and she will try her best to assist you.



ATHLETICS SEASON 2017



Little League Athletics

Ages 4-10

Every Monday 4-5pm

Starting Monday 13th Feb to 3rd April at Cooks Gardens.

Come along and join in the fun and develop the fundamental skills required to run, jump and throw.

Lots of fun for ages 4 to 10.

Opportunities for club registered athletes to represent the club at local and regional athletics ribbon days and competitions.

Junior Athletic League

Ages 10-13

Athlete/Coach Development sessions
Monday,

6.00 - 7.00pm. Starting Monday 13th Feb to 20th March at Cooks Gardens.

Come along and learn the skills needed to run, jump and throw.

Intermediate Teams Competition
Starting Monday 13th Feb to 20th March at Cooks Gardens.

Lots of fun for ages 10 - 13. Get involved in this exciting new Intermediate Teams Competition.

\$60 per team. \$10 discount given to every club member in a team. (6 week comp).

Secondary School League

Club sessions starting Tuesday 24th January to 4th April, 6.00 - 6.30pm at Cooks Gardens.

Come along and learn the skills needed to compete in running, jumping & throwing events.

Club/Year 9 & 10 Teams Competition Tuesdays, 7.00 - 8.15pm. Tuesday 14th, 28th Feb, 7th March, with the 14th March used as a preparation for the Whanganui Secondary Schools Competition.

One night Only -Year 11/12/13 Teams Night 7th March. (\$20 per Team)

\$40 per team. \$8 discount given to every club member in a team. (3 week comp with a training session prior to interschool athletics.

Lots of fun for Year 9 & 10. Get involved in this exciting new Secondary Schools Teams Competition!

