



## NATIONAL EVENT A BIG SUCCESS

Over 450 school children from around the country flocked to Whanganui for the David Jones Suzuki NZ Schools Triathlon Championships during 30-31 March.

350 athletes were from outside the Whanganui District, bringing with them their parents, coaches and supporters. A huge highlight was having seven athletes and their two coaches come all the way from Tahiti.

Competitors were welcomed to Whanganui with a traditional powhiri and opening ceremony at Pakaitore. This was followed by an amazing Pasta Party feast put together by Mud Ducks Café for athletes to fuel up before racing.

Day one of racing saw National Champions crowned in the Individual Triathlon as well as schools in the Team Triathlon while day two crowned athletes in the Aquathlon event and the highlight - the Tag Team race.

The course for the event was held along the length of Somme Parade starting from the Tri Hub at Pakaitore. The run course, parallel to the cycle course, brought plenty of spectators out to the road side to be a part of the action.

Due to the size of the event, road closures were in place and the community's patience during this was appreciated, especially by the athletes who knew they were safe on the road whilst cycling and running.

There were many volunteers helping over three days and thanks to them the event was extremely successful.

A huge thank you must also go to all sponsors. Among them were naming sponsor, David Jones Motors and Suzuki NZ as well as the age group sponsors Mitre 10 Mega Wanganui, Traffic Safe NZ, Jurgens Demolition and Mud Ducks Café.

See page 4 for more photos.

## WHANGANUI COMMUNITY WORKSHOPS

Throughout the month of May Sport Whanganui is offering a range of community workshops to address the needs highlighted by our region's sporting community.

With a successful Sports Massage course taken by facilitator Terry Arbuckle completed earlier in April, there are a number of courses still to be held and are looking to fill up fast.

Courses include:

**Monday 15<sup>th</sup> May** - Grassroots Coaching – For Beginner Coaches Just Starting Out

**Monday 22<sup>nd</sup> May** - Sports Strapping

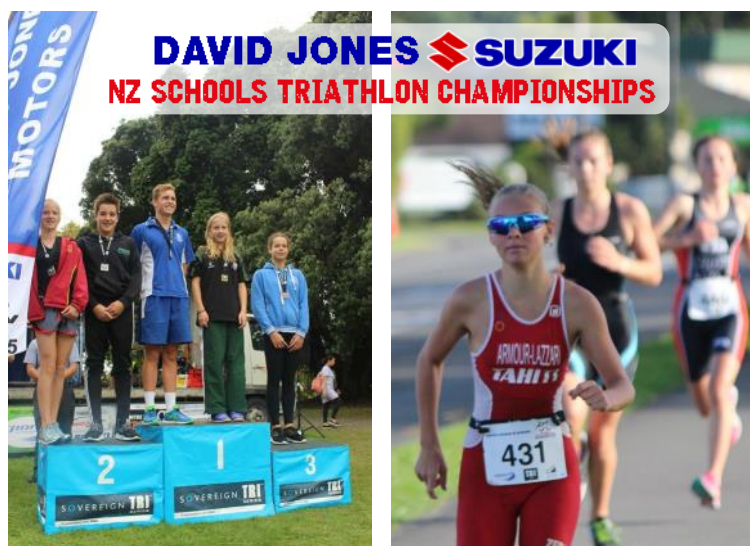
**Friday 26<sup>th</sup> May** - Basic Food Nutrition for Young Sports People

**Wednesday 31<sup>st</sup> May** - Basic First Aid

Sport Whanganui's Clare Lynch who is coordinating the workshops, says the sporting community is supporting these workshops and registrations are flowing in.

"After engaging with our sports coaching community, we've found there's a real need in our region for workshops designed to help build group and individual capability and confidence in a variety of areas across school, club and community sport. These workshops are helping to address this" says Clare.

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



### WHANGANUI COMMUNITY WORKSHOPS

<p><b>GOAL SETTING FOR ATHLETES &amp; COACHES</b> COMMUNITY WORKSHOP</p>  <p>MONDAY 8 MAY   6.00 - 7.30PM SPORT WHANGANUI RESOURCE ROOM   FREE</p>	<p><b>GRASSROOTS COACHING WORKSHOP</b> FOR BEGINNER COACHES JUST STARTING OUT</p>  <p>MONDAY 15 MAY   6.00 - 7.30PM SPORT WHANGANUI RESOURCE ROOM   NO COST</p>	<p><b>SPORTS STRAPPING WORKSHOP</b> MONDAY 22 MAY 2017   6.00 - 7.30PM WITH TERRY ARBUCKLE - THERAPIST, MASSAGE CLINIC</p>  <p>Sport Whanganui Resource Room \$30 per person</p>
<p><b>BASIC FOOD NUTRITION</b> FOR YOUNG SPORTS PEOPLE With Melissa Atkinson - Registered Dietitian</p>  <p>FRIDAY 26 MAY   5.30 - 7.30PM SCHOOL VENUE FEE   NO COST To register, contact: Clare Lynch at Sport Whanganui on 06 349 2881, 027 837 7226 or <a href="mailto:clare@sportwhanganui.co.nz">clare@sportwhanganui.co.nz</a></p>	<p><b>BASIC FIRST AID WORKSHOP</b></p>  <p>WEDNESDAY 31 MAY   6.00 - 7.30PM SPORT WHANGANUI RESOURCE ROOM   NO COST <small>PLEASE NOTE: This workshop will give you an additional One AED Certificate.</small></p>	

To register for any of these workshops, please contact:  
Clare at Sport Whanganui on 06 349 2881, 027 370 7226 or [clare@sportwhanganui.co.nz](mailto:clare@sportwhanganui.co.nz)

# COMMUNITY BIKE PARK

Having a central, fun and family friendly space has been the focus of the Community Bike Park development. The bike Park, which is adjacent to the Splash Centre, is a community led project created in partnership with Sport Whanganui, Whanganui Mountain Bike Club and a number of local businesses and community groups.

The first stage of the project involved fencing the park and constructing a junior pump track. This proved a challenge at times as, with no funding to speak of, the development relied solely on the time, resource and expertise of the community. Key track partners, Bullocks, Loaders, Jurgens and Andrew Horrocks were instrumental in the construction of this first stage and their support and expertise was essential to get the project off the ground.

As the park continued to develop so too did the support from the community with more and more partners offering their services. This has in turn led to the growth and increased momentum of the project and we are now nearing the completion of stage two of the park.

Sport Whanganui's Community Sport Manager Jodie Brunger says she has been blown away by the generosity of the community. "We have had so many different groups get behind the project in so many different ways, from Whanganui Intermediate students building bench seats to Emmetts allowing the use of their crane to install an 11 and ½ tonne culvert they donated to the park. These are just two examples of how the community has got behind the project and made it their own."

Thanks to Morrie Gibbons Signs we now have a park sign highlighting all the track partners. Already we are having to increase the size of the sign with more partners coming on board all the time.

Stage two of the park's development involved the construction of the senior pump track to cater for more skilled riders. An application to the Four Regions Trust was approved late last year, this funding was used to employ Paul Langlands, a skilled track designer and professional BMX rider, to design and construct the senior track. (Check out [Pauls videos on you tube](#) - he is seriously talented!)

Over 12 long days Paul and a group of passionate young local riders worked tirelessly to create our amazing new track.

Thank you to the Four Regions Trust for supporting the second stage of this immense project. Without the additional funds we could not have secured the services of Paul and the track would not have happened as quickly as it has.

A huge thanks also needs to go to Glen Bullock and the team from Bullocks, Sport Whanganui, The Bike Shed, Whanganui District Council, Emmetts, Jurgens, Harrison's Hiremaster, Porter Hire, Shade NZ, CMC Haulage Ltd, Drainworld Wanganui Ltd, Loaders Wanganui, Tree Truck and Andrew Horrocks for helping make this second track happen and to Kingsgate Hotel for looking after Paul while he's been in Whanganui.

We would also like to welcome new Community Bike Park partners to the project - Ron Cheatley and the team at [Velo Ronny's Bicycle Store](#), Blair Symes and Display Associates and Julia Murray for coming on board recently. Community spirit is well and truly alive in Whanganui.

Leighton Toy, the Council's General Manager, Property says "This is a really good example of how community, business and the Council can come together to make something great happen. The contribution from businesses and volunteers has been outstanding. It shows real community spirit and will be another recreational asset for Whanganui when it is completed. Even though it is a facility for bike riders, when the picnic tables and shades are installed it will be a useable as an outdoor area for everyone. The Council is really happy to have been able to make this land available for this purpose."

Across coming weeks we will be planting around the track so keep an eye on the Sport Whanganui or Whanganui Mountain Bike Club Facebook pages as anyone and everyone is welcome to come down and be part of this awesome community project.

It is hoped that we will be able to start the construction of stage three of the park later this year. This stage involves the creation of a tar sealed road with traffic lights, stop and give way signs and a roundabout.

A full list of Community Bike Park track partners includes:

Bullocks, Loaders, Jurgens Demolition, Whanganui Mountain Bike Club, The Bike Shed, Sport Whanganui, Whanganui District Council, Shane Stone Builders, Whanganui Intermediate School, Mitre 10 Mega Wanganui, Morrie Gibbons Signs, The Tree Truck, Four Regions Trust, Andrew Horrocks, Harrison's Hire Master, For Our Kids, Whanganui Hot Rod Club, Whanganui Fire Service, Tar Tek, Ross Clarke, Drainworld, Velo Ronny's Bicycle Store, Julia and Richard Murray, Display Associates, Matt & CMC Haulage Wanganui, Emmetts, Porter Hire, Kingsgate Hotel, Paul Langlands, Shade NZ

For more information contact Jodie at Sport Whanganui on 06 349 2324 or [jodie@sportwhanganui.co.nz](mailto:jodie@sportwhanganui.co.nz).





# COURT SPORTS

## PRIMARY VOLLEYBALL

Primary Midweek Leagues Volleyball ran for seven weeks during term one with 20 teams involved over the junior and senior competition. The competition was well supported by families and schools, with a large number of spectators turning up to watch games. A big thank you to everyone who helped to make the league successful!

Atiha Teina were the winners of the junior competition, while Aranui B were the winners of the senior league. Keith Street did really well, having teams in both finals.

## SECONDARY AND INTERMEDIATE VOLLEYBALL

There were a record number of teams entered in the league this term with 34 teams involved, including new teams from Cullinane and Rangitikei colleges.

The Intermediate competitive grade winners were Whanganui Intermediate School Room 29. Intermediate social grade winners were Tupoho. Junior girl's winners were Whanganui High School Junior A Girls. Whanganui City College Junior Boys won the junior boys/ mixed grade. Whanganui City College Senior Girls 1 won the senior girls grade. And Rangitikei College senior boys won their grade.

Thanks to all the teachers/supervisors and drivers for bringing the teams along to compete in the league! Both leagues will be starting back up again in the fourth term.



## BASKETBALL

Term 2 means the start of the basketball season 2017. The usual leagues are starting back up, with the addition of the "Whanau Ballers" academy, running on Sunday mornings from 9-12 at Springvale stadium.

The dates for the leagues are as follows:

### Primary Mini-Ball League

Start Date: **THURSDAY 4th May 2017**

Co-ordinator- Desiree Mclean (027)767 5211

[mclean-woon@hotmail.com](mailto:mclean-woon@hotmail.com)



## Secondary Schools League

Start Date: **FRIDAY 5th May 2017**

Co-ordinator- Ross Cronshaw (022) 641 2043

[ross@sportwhanganui.co.nz](mailto:ross@sportwhanganui.co.nz)

## Whanganui Basketball Academy

Fun Skills, Drills and Games (Ages 5-12 years)

Start Date: **SUNDAY 7th May 2017**

Contact Marie Joseph (027) 937 3007

[josma@tpk.govt.nz](mailto:josma@tpk.govt.nz)

## Intermediate Basketball League

Start Date: **TUESDAY 9th May 2017**

Co-ordinator- Mariana Dowman (021) 029 39616

[peter.mariana@clear.net.nz](mailto:peter.mariana@clear.net.nz)

We are looking forward to an exciting competition, with an increase in skills from across the region!

## UNDER 17 BOYS REP TEAM

The Whanganui U17 Boy's Rep team took part in the Mel Young Easter tournament just recently. The Mel Young tournament boasts some of the top teams from around the country. The team included boys from Cullinane College, Wanganui Collegiate School, Taihape Area School and Whanganui High School. The team finished with a 3-3 record in their grade, finishing 5<sup>th</sup> out of eight teams. The boys had three warm up games before the tournament, playing Manu Kura juniors, Palmerston Boys juniors and Freyberg senior boys. We'd like to thank them for helping with our warm up!



## 3 on 3 BASKETBALL

WHS sent away a senior and junior team to the 3x3 National Slam Tournament held in Tauranga recently. The boys had taken part in the local 3x3 league that had been run at WHS during terms four and one.

The senior team was very young, with three year 11's involved, but competed well. They lost three games by one point and two games in overtime. They won four games at the tournament and wound up in 18<sup>th</sup> place. Could be good signs for next year's tournament!

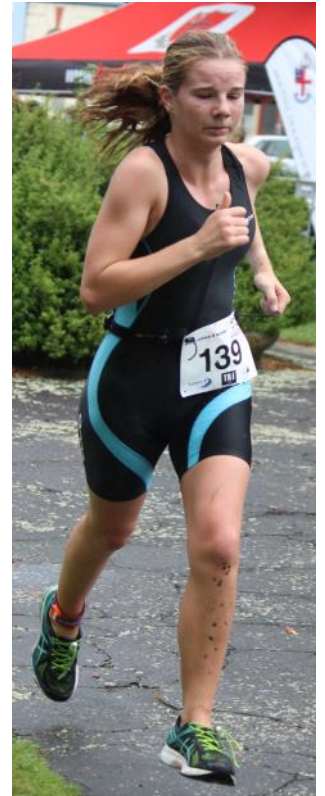
The junior boys battled well too, winning their share of games and playing some overtime thrillers too. They wound up finishing 12<sup>th</sup>, with some strong individual performances.

We look forward to seeing the growth of our local 3x3 basketball, with the YMCA and Sport Whanganui both running local 3x3 tournaments and leagues.





# DAVID JONES SUZUKI NZ SCHOOLS TRIATHLON CHAMPIONSHIPS





# SECONDARY SCHOOLS

## WSS ATHLETICS

Athletes from nine Whanganui Secondary Schools filled Cooks Gardens on Wednesday 15<sup>th</sup> March for the annual Athletics Championships meet. The six and a half hours of action with 82 events over three grades is not an easy event to organise but Sport Whanganui, Athletics Whanganui and WCS ensured the meet ran like clockwork. A big thank you to Alec, Chris and the WCS staff and students for all your help, also to all the officials and volunteers – awesome effort, thank you!

There were a number of close battles. Here are a few standout efforts from the day:

» The Intermediate Girls 800m between Rebecca Baker (WHS) and Emma Osborne (WCS) where both sliced huge margins off their previous best performances. Osborne rallied with an impressive sprint to take the title with a six second personal best of 2:17.76. Rebecca went on to win the 1500m and Osborne the 400m – two outstanding athletes with exciting athletic careers ahead of them.

» The battle between Makaia Matthews (Cullinane) and Georgina Duncan (WCS) in the Intermediate sprints saw Duncan winning the 100m and a determined Matthews holding on to take the 200m.

» Cody Hemi (WCS) and Matt Kleinsmith (WHS) had close races in the Senior Boys sprints with Hemi coming out on top in both. Kleinsmith challenged strongly over the final stages of the 200 metres.

» The Maples sisters were in the thick of the action. Older sister Lexi used the day to hone her Heptathlon skills, competing in six of the seven disciplines and with her run in the successful Collegiate 4 x 100 relay team did her seven events in one day. Maples will be especially pleased with her Long Jump personal best of 4.92 metres.

» Younger Maples sister Genna won six titles. 13 year old Maples not unexpectedly dominated over the 100 metres and 200 metres. Her best performance, came in the Long Jump where she added 26 centimetres to her best with a national class 5.74 metres. This also set a WCS senior record.

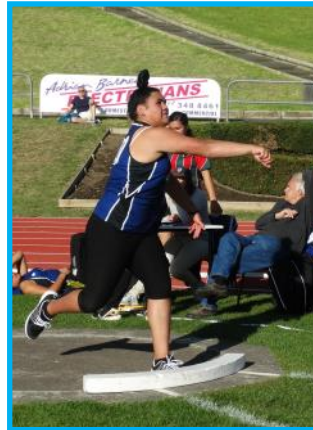
» Hayley Artz (Ruapehu) was busy and at one time was involved in three events at the same time, winning the Long Jump with a 4.80m effort. The Ruapehu jumper clearly has potential in the jumping disciplines.

» Tayla Flight (WGC) impressed in the Javelin with a great 34.09 metre effort, while former New Zealand Schools medal winner Opetini Dryden (WCS) made a welcome return to the Javelin runway with a winning 52.95 throw in

the Senior Boys. Jessica Pfefferle (Nga Tawa ) once again impressed in the senior Discus (32.06 m).

There were many other outstanding results, please click [here](#) to view the full results.

Many of our local athletes went on to represent Whanganui at the NISS Champs in Inglewood, 7-9<sup>th</sup> April. Some exceptional results were achieved at this meet, see full results [here](#).



## Upcoming Whanganui Secondary Schools Events:

WSS Cross Country, Thursday 25<sup>th</sup> May

WSS Indoor Bowls, Thursday 8<sup>th</sup> June

# THE RIGHT WAY TO ACHIEVE YOUR GOALS

By **Dr. Craig Harrison** -22 March 2017

It is easy to set a goal. All it takes is a few words on a piece of paper and some blue tack to stick it to the fridge.

But most goals are never achieved. Why? Because that's where it stops. Job done you think.

It turns out it's just the start.

If you really want to get better, you need to focus on changing the behaviours responsible for achieving the goals, rather than the goals themselves.

Imagine you're a netball shooter. To improve your game you need to increase your shooting accuracy. Therefore, you set the following goal: *to improve my shooting accuracy by 5% over the next 8 weeks.* A specific, measurable, realistic, and time-bound goal.

## But here's the problem.

Improving your shot requires a lot of deliberate practice, yet your training schedule includes no dedicated shooting time.

What's more, you're unsure why your shooting accuracy is so poor in the first place.

The result? Failure to achieve your goal. Not because it's a poorly set goal, but because you don't focus on the essential ingredients required to achieve it (i.e., more time shooting with coach feedback).

Instead, here are two ways you can make this work by focusing on changing your behaviours.

**What?** Become the type of netballer who shoots every day.

**How?** Spend 10 minutes shooting every day at lunchtime.

**What?** Become the type of netballer who asks for feedback on their shooting.

**How?** Get specific feedback from you coach about how you can improve your shooting accuracy after every game.

*"MORE IS NOT BETTER. FOR A BUSY YOUNG ATHLETE, DOING LESS BETTER, SHOULD BE THE PRIORITY."*

To sum up:

When it comes to getting better, there are two things crucial for the youth athlete:

Choose purposeful goals. Pick one thing, then do it well.

Focus on the behaviours that will lead you to achieving your goal, not the goal itself.

Be the best you can be.



# LOCAL & LOYAL APP

Sport Whanganui, in partnership with the Local and Loyal app, are committed to supporting our sports community promote 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.

LOCAL AND LOYAL PUTS WHANGANUI SPORTS IN THE PALM OF YOUR HAND!

GET CONNECTED WITH SPORT IN WHANGANUI



SPORT BENEFITS INCLUDE Sports Draws, Sports Events, Connect with your Code, Find a Club, Instant Notifications, Feedback Forms, Sport Whanganui Contacts and more

Search Local and Loyal Whanganui in the App Stores

Find us on Facebook Download the app on Facebook

Available on the App Store Google Play

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 APPS 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](mailto:paula@localandloyal.co.nz)

# PRIMARY SCHOOLS

Term One has been a busy one for our deliverers with 19 schools and 27 classes taking part in our FMS (Fundamental Movement Skills) programme in the Whanganui area. The children have learnt a variety of skills that will hopefully assist them in the sports they play and also in their everyday life and in the playground. Skills covered include small balls, large balls, dribbling, football, tennis, running and dodging, hopping, skipping and jumping, balance, falling safely and rotation which includes forward rolls.

The same classes will be taking part in this programme next term as delivery is split into two sections with half delivered in term one and the other half in term two.

The children have responded really well to these sessions and it is rewarding as a deliverer to see each child progress throughout the programme.

In conjunction with our FMS delivery we have had seven schools with 14 classes taking part in our Foundation Skills programme. This is for year one and twos and is run over three consecutive weeks. These are fun sessions that involve games that develop body awareness and brain development which transfer through to the classroom setting and which also sets them up with skills that they will use in the FMS stage of our programme.

We have also welcomed a couple of new deliverers to our team this term. Dee Clark has been teaching the FMS programme and Dinelle Saunders with the Foundation programme. Welcome to these lovely ladies!

The teachers have been left with resources after each session in the hope that they can replicate what we have done and continue to teach the children and reinforce these skills.

Term two is set to be another busy one with Foundation delivery in 7 schools, with 12 classes signed up to take part and 27 classes signed up for FMS also!



# COMMUNITY GOOD SPORTS

The key to changing negative sports culture is through education. Sport Whanganui is committed to supporting our community to prepare and promote positive change by adopting a proactive approach to this issue.

In 2015 Sport Whanganui engaged with sports codes, schools and community groups to gain some insight into the issues sports were facing in regards to negative behaviour. This consultation process identified some groups that felt they didn't have an issue in their sport. The others who were affected all agreed that there was a need for action to help change the negative sporting culture developing in their sport.

The focus for these codes was to support them, engage with their key stakeholders: athletes, coaches, parents, officials, volunteers, fans, and the community in a campaign where everyone became invested in facilitating behaviour change and positive outcomes for their entire community.

What needs to change?

Sport Whanganui's approach to change was to always focus on the positive - How we should act? What we should do? Rather than on the negative – what not to do.

It was from this consultation process that the Community Good Sports initiative was created.

The basic structure of the initiative was to provide direct support, information and resources to any school, sports code or facility that needed to change their sports culture. Most importantly, the support and change had to be unique and appropriate to that specific community group.

**Vision:** To ensure sporting communities are a positive and supportive place for all to engage in sport and recreation.

**Mission:** To address negative behaviour by creating consistent systems and promote and support positive sporting experiences for players, coaches, volunteers and officials.

**Purpose:** To lead and facilitate key partners towards a mutual approach that addresses negative behaviour and values our positive community sport makers.

Sport Whanganui has already engaged with Hockey Wanganui, Wanganui Rugby, Netball Whanganui and Central Football to promote community awareness and promote the initiative through their youth programmes.

“Be a Sport and Just Support” is the slogan to which the campaign is guided by with 5 key points that help build the foundation of the initiative.

- \* They're kids
- \* Coaches are volunteers
- \* Refs are human
- \* It's a game
- \* Let success be their dream



We need to ensure we retain, recruit and reward our valuable volunteers so sport can continue to happen in our communities.

So follow the 10 commandments of what it takes to be a Community Good Sport and:

- \* Respect the officials decisions.
- \* Applaud all competitors and opponents
- \* Provide positive, supportive and motivating comments.
- \* Be thankful to the coaches, umpires and officials who give up their time to help.
- \* Appreciate all levels of sport engagement, regardless of gender, ethnicity or ability.
- \* Remember that the games can be very different to take part in compared with viewing it.
- \* Let players make their own decisions. They learn best from trial and error.
- \* Be well mannered in post event functions and when speaking with stakeholders.
- \* Wait for the half time break in the game to communicate with your players and debrief.
- \* After the game ask questions that allow players to reflect and have them do the talking.

This winter our Sport Whanganui team and our Community Good Sports ambassadors will be out and about in search of teams, volunteers and players who work hard to ensure fair play is part of their game. Prizes will be awarded to individuals that set a good example for their sports community.

We would like to thank, For Our Kids, the Youth Committee, the Splash Centre and Jolt Coffee for supporting this community initiative. A special thanks must also go to Jolene Henry who has been our Lead Ambassador and role model right from the start of the initiative.

So remember “Be a Sport and Just Support”. We will be watching!

For those wishing to recognise any of their local sports coaches or volunteers you can nominate them through the lotto sport maker website. They could win \$2000 dollars worth of sports gear or an ultimate sporting experience. Visit their website: [www.lottovolunteers.co.nz](http://www.lottovolunteers.co.nz) and nominate them today.

If you would like to know more about how you could get involved in the 'Community Good Sports' initiative then please contact Jodie Brunger or Clare Lynch @ Sport Whanganui on (06) 349 2300.



## TIPS FOR RIDING IN A SOCIAL BIKING GROUP

### LOOK AND ANTICIPATE

- Look past the riders in front of you to get a heads up of the route ahead so you can anticipate changes in speed or direction.
- Ride consistently and predictably. Your movements can affect everyone in the group. Hold a straight line, try not to weave and always overtake someone on the right.

### USING YOUR BRAKES

- Any changes in speed become increasingly difficult to deal with further down a group of riders. Use anticipation as your first brake, and stop pedalling to reduce speed, before gently compressing your brakes.

### COMMUNICATE

- Warn your fellow riders of hazards by signalling and announcing the hazard. Some people may have hearing difficulties or the wind may restrict hearing, so use hand signals and your voice.
- Keep the communication train flowing. If riders in front of you signal and voice a hazard then repeat the message so riders behind you are aware of what is happening.
- If you are new to the group and feeling nervous, position yourself towards the front of the group so you can react quicker and have more time to scan for potential hazards.
- If you decide to leave the group before the ride is finished be sure to tell your other group members as to prevent them going to find you.

### INTERSECTIONS AND ROUNDABOUTS

- Stay together in pairs and claim the traffic lane, keeping the space between you and your fellow riders small. A tight group of riders takes up less space on the road and is faster to get through intersections, than one long single-file line.
- Wait for fellow riders on the other side of intersections if the group gets broken up. This culture of waiting helps others from taking unnecessary risks to keep up.
- You are responsible for your own safety. Double check at intersections and roundabouts that it is safe for you to go, don't just follow the person in front of you.

### SHARE WITH CARE

- Ideally if riding on shared paths, always have a bell. Announce to pedestrians you are coming up behind them and tell them the direction you are passing them "coming up behind on your right." Always pass on the right (if possible) as you would on the road in a car.
- Make sure to acknowledge other users of the road or pathways. A greeting or a wave can also let you know that you have been seen by drivers, pedestrians or other people on bikes.

### CARE FOR YOUR COMMUNITY

- Always close gates on shared paths, and take all rubbish with you.
- Communication is important with other road users. Make sure to use the correct hand signals when turning left/right or when you are slowing down or stopping.



# What's Happening in the Regions

with Marie



## GROWING LEADERS

During Term Two, Sport Whanganui's Integrated Primary Schools Programme will see the introduction of the Growing Leaders programme targeted at Year 7 Students in primary schools across the Rangitikei & Ruapehu. This will introduce a pathway for more young people to participate in supporting sport and recreation delivery across the regions. We will embark on a journey to guide and mentor youth leadership through sport and recreation environments with to grow leadership potential in our young people.



## RANGITIKEI SPORT LEAGUES 2017



### 3 x 3 Basketball

**Where:** Marton Memorial Hall

**When:** 11th May - 15th June

**Time:** 3.30 - 6.30pm

Primary school children year 3 - 8  
Teams registered through Primary Schools

## FLIP & TWIST GYMNASTICS 2017



### TERM 2

10th May - 14th June

Wednesday

4.00pm - 4.45pm (4 - 7 yr olds)

4.45pm - 5.30pm (8 - 12 yr olds)

### TERM 3

2nd August - 6th September

Wednesday

4.00pm - 4.45pm (4 - 7 yr olds)

4.45pm - 5.30pm (8 - 12 yr olds)

**Held @ Marton School Hall**

**Fee:** \$40.00 pp

**Programme:** 6 weeks

**Contact:** Marie to RSVP  
marie@sportwhanganui.co.nz  
0274409305



## WAIMARINO TOUGH KID®

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ONLY \$2 PER CHILD!



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MARIE@SPORTWHANGANUI.CO.NZ | 027 440 9305

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# WHAT'S ON IN WHANGANUI

One of the key insights Sport Whanganui has found when working with schools and community sport and recreation groups is their desire to have quick and easy access to all the events and programmes happening in and around the region. To help with this we have partnered with the team at Whanganui and Partners to promote the What's On calendar as the online calendar of choice for sport and recreation activities in the region.

We would like to encourage as many of you as possible to use this platform so we can promote and inform the whole community about what's on and to avoid hosting programmes and events on the same day. You can log on and enter events yourself or if you would like support with this then you can send the details through to us so we can load them for you.

Primary and secondary school events are currently being added and we are working with the calendar developers to create additional filters so it is even easier to find specific events related to community needs and interests.

If you would like to review the calendar or add your events and programmes then you can visit the site by clicking the link [www.whanganuiwhatson.nz](http://www.whanganuiwhatson.nz)

## SPEED SKATING SUCCESS

Congratulations to our three Whanganui skaters who represented New Zealand at the recent Oceania Speed Skating Championships in Brisbane.

Thanks Chase for coming into Sport Whanganui and sharing your success with us. We are so proud of your dedication to what is a very challenging sport.

At only 11 years of age Chase raced against skaters three years older and twice his size.

He won a silver medal in the 200m TT, and bronzes in the

5K points and 21K half marathon. He was also a member of the second placed relay team.

Renee Teers and Andrew Jones also competed with distinction, Renee going on to win gold in the junior girls relay, and Andrew overcoming his long term back injury to score a convincing silver in the Senior Mens 1000m.

Well done to you all. We are extremely proud of your achievements.



## CLUBS AND CODES

### 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 night is Club night, 7.30 - 9.30pm. \$7 per night. Suitable for all abilities. Rackets available.

Tuesday night is Recreational Juniors, 6 - 8pm. \$4 per session. Rackets provided.

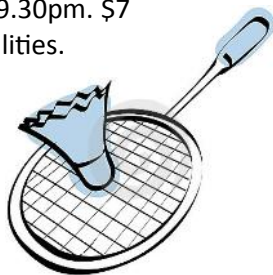
Thursday mornings 9.30 - 11.30am. \$5 per session. Rackets available.

Representative play for Juniors. Under 13 group is on Wednesday evenings 6 - 7.30pm. Under 15, 17 and 19 is on Mondays 6 - 8.00pm.

For those who wish to simply play with family or friends and play when you want to, you can hire courts for a casual fee of only \$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 Ph: 027 658 8680. Email: [gfiest@xtra.co.nz](mailto:gfiest@xtra.co.nz)



### ATHLETICS & HARRIERS

**Do you want to get fit OR improve your running?**

Now the Wanganui Harrier Club offer group trainings

Tuesdays, Wednesdays and Thursdays, 4:00-5:30pm Rain, Hail or Shine.

**Venue:** Wanganui Harrier Club, Victoria Park, Parsons Street

**Cost:** Free

**Free training top** provided to club members. Trainings involve circuits, speed work and distance runs.

**Interested?**

**Contact Georgia Black at** [georgia@sportwhanganui.co.nz](mailto:georgia@sportwhanganui.co.nz)

**For more information including prices to become a club member and a list of other club events visit:**

<http://www.wanganuiharrierclub.co.nz/>



### WOULD YOU LIKE YOUR CLUB INCLUDED?

If your Club wishes to promote any upcoming events / courses / coaching clinic's etc or key club contact details in our newsletter please send it through to [Jodie@sportwhanganui.co.nz](mailto:Jodie@sportwhanganui.co.nz).

*\*Content and quantity will be at our discretion as will the design and layout.*