



WAIMARINO TOUGH KID®

It was a frosty start for the 300 kids entered in the 2017 Waimarino Tough Kid. This year there was a slight change in the course which was more favourable to last years, utilising the back paddocks of the Raetihi Showgrounds. All the kids did a fantastic job of navigating the cattle yards, climbing wall, horse jumps, hay bales, cargo net crawl and the famous slippery slide. Everyone finished in a very muddy state thanks to the local fire brigade and a nice swampy patch in the course!

National Park School did a fantastic job at hosting the event with plenty of sausages, curry and hot drinks to feed the troops and the supporters. Most races were hotly contested with a few sprint finishes to claim the top honour. Three new schools were welcomed to the event this year; Tarrangower, Owango and Waouru Schools who all managed to pick up placings in the individual races. Ohakune School, once again, took out the Toughest School title.

It was great to see kids work together in the team race as well as parents and teachers giving the course a go in the adult race!

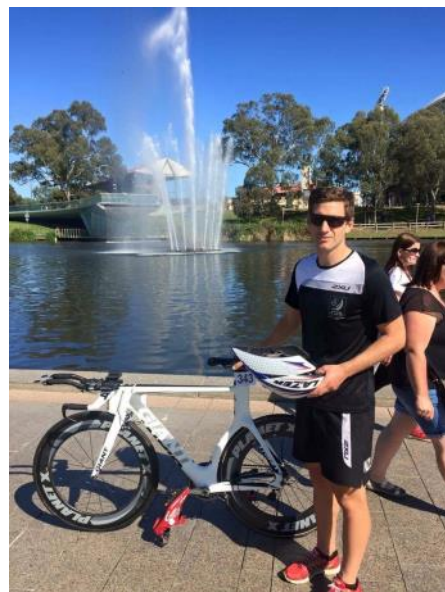
Special thanks must go to the Raetihi Showgrounds for the use of the paddocks and facilities, the local fire brigade for helping out and National Park School for hosting and helping with set up and pack down.



SPORTING PERSONALITIES

Gareth Wright – Multisport & Triathlon

As a coach you have the opportunity to ensure kids have a positive experience in the sports they are pursuing and that's exactly what Gareth Wright is doing. Head of Physical Education at Whanganui City College and a keen athlete himself, Gareth spends his days immersed in sport and has chosen to share his skills and knowledge through coaching.



Whilst previously teaching at Whanganui High School, Gareth's work colleagues John McDonnell and Mark Cornaga encouraged him to get involved in the cycling and triathlon programmes. Gareth then decided to start volunteering for the Whanganui Multisport and Triathlon Club where he now stands on the Triathlon Club subcommittee and provides coach sessions for youth.

One of Gareth's Triathletes, Ethan Gillespie has gained a good deal from Gareth's coaching. "Over the past three years Gareth has helped me reach my goals with his coaching and support and he always went above what was asked of him"

Having competed in a number of Ironman events himself, Gareth partakes in Triathlon, Multisport and all individual sports within those. He also tries to find time to get out and about tramping when possible. Wife Olivia is also a keen sportsperson and together with son's Rylie and Nixon is extremely supportive of the time he spends coaching and volunteering.

Sport Whanganui asked Gareth a few questions about his reasons and motivation behind the work he does in our community. Here is what he said:

What motivates you to coach and volunteer?

I have had some pretty good experiences within sport and want to see others have the opportunity to experience that also. **Continued on page 2**

Sport offers such a range of experiences and I believe there is so much that young people can learn from sport that will benefit them in their life.

What is the best part about the volunteer work you do?

Seeing the growth in the athletes you work with. I enjoy working with athletes across a range of abilities and seeing the success they achieve. This can range from swimming in the open water for the first time, completing their first race to winning a national medal.

What are your hopes and dreams for the sport/s locally?

I would like to see a pathway for athletes so they are catered for from beginner to elite. Providing them with good experiences and allowing them to enjoy what they are doing is really important and will lead to a positive environment they want to be involved in.

Having recently attended a three day Coach Developer course in Auckland which focused on developing the effectiveness of coach developers, Gareth returned extremely positive about what he had learned. He said "A coach developer is a person who assists a coach to make positive progress in their coaching. In this course we covered what the role of a coach developer was and then explored how that looks in practical application. What it has provided me with is the tools and confidence to effectively assist coaches who are looking to develop their coaching skills further. It is looking at what they want to develop and working with them to gain the feedback and progress they are after."

Gareth is a one of a number of local sports personalities who put a lot of their own time in to helping kids achieve their sporting goals and into the sporting community itself. Sport Whanganui wish to acknowledge and thank Gareth and his family for the time and energy he puts into his coaching and volunteering.

RUGBY LEAGUE

Whanganui BOXON U17s team competed in the NZ Maori Rugby League Nationals over the Queens Birthday weekend.

The team was plagued with injuries a week out from competition with some players being tested prior to leaving.

The two day tournament started with a Powhiri on the Friday evening to welcome teams from all over NZ.

Grades included U15s & U17s Girls, U15s & u17s Boys. Due to the large amount of team entrants for the U17's, a development grade was created to accommodate numbers. Whanganui BOXON had not competed in this tournament for the past three years and were therefore in this grade with Dannevirke, Te Tairawhiti, Takutae Akau, Taitokerau & Tuhoie.

The team had very strong core players who have been with the clubs since they were in the U13s grade - this made for an easy transition for those boys who were invited to join the team to represent Whanganui in Rotorua.

The final kicked off with two quick tries from Whanganui BOXON with Dannevirke Tigers replying with four points. This was to be the only points the well drilled Whanganui side would allow the Tigers to score with Whanganui coming out on top with a 46 to 4 finals win.

This is a great achievement for Whanganui BOXON's return to Maori Rugby League. A huge shout out to Haki Herewini and his awesome support coaching staff & management who worked tirelessly to ensure the boys all concentrated on their job on the field.

"It was a pleasure and an honour to be with the team at tournament. They represented our rohe with pride and excellent behavior both on and off the field - The committee is already working towards returning for the 2018 tournament with U15's, U17's in both boys and girls grades. If you are interested in playing please let us know on the Whanganui BOXON Rugby League facebook page" says Lisa Reweti.

The game results were as follows;

Te Taitokerau 10 vs Whanganui BOXON 32

Takutai Akau 0 vs Whanganui BOXON 20

Te Tairawhiti 10 vs Whanganui BOXON 24

Dannevirke Tigers 4 vs Whanganui BOXON 46. (FINALS)

To top it off Whanganui BOXON came second overall in the u17s grade for their Haka performance.

Local & Loyal

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 Whanganui

local loyal

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 Store

Find us on Facebook | Download the app 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



PRIMARY SCHOOLS

HOME SCHOOL SESSIONS

The Home School Network contacted Sport Whanganui to ask if there was an opportunity to work with their children and upskill parents in basic sport skills.

Sport Whanganui's Steve Kerfoot and Angela Watson responded by delivering five sessions over five weeks at Cooks Gardens.

The group were taken through activities with the children with the parents taking away a resource at the end of each session in order for them to continue with the activities at home.

This has been a fantastic opportunity to work with children Sport Whanganui wouldn't normally have the chance to meet, due to them being outside the public school system.



FUNDAMENTAL MOVEMENT SKILLS

FMS (Fundamental Movement Skills) delivery is almost complete for the term with another 28 classes being delivered to across 19 schools in the Whanganui district. The children have been taught a range of skills that will assist them in any sports that they may play, but also in general play during school hours and at home. The focus of this programme is to develop and increase the skills and capability of the children who sit at the lower or middle end of the physical ability spectrum. However, children who are very physically capable are always given the opportunity to extend their skills further.

BASIC SPORTS SKILLS

Planning is underway for a busy term three with our BSS (Basic Sports Skills) programme kicking off. This programme is for the year 5 and 6's with schools having two sport specific options available to choose from. For term three this year the choices are Basketball and Squash. We have 27 classes signed up for this and look forward to getting out there and meeting the children involved!

RIPPA RUGBY

The annual regional Rippa Rugby tournament was played at Springvale Park on Wednesday 7 June with 26 teams participating in various sections.

In the premier section St Johns Hills School prevailed to go on to the National Rippa final in Term Three. The other section winners were Tawhero Tornados, Taihape Area School, St Mary's School and Castlecliff School.

Below are photos of the action. Special thanks from Wanganui Rugby to the referees from Whanganui High School.



A break away during the game between Churton School and Taihape Area School.

Action from the game between Keith Street School and Ohakune Primary.



This young lady from Keith St has claimed a loose ball and is ready to take on the Ohakune Primary defenders.

Was it a try or was it not? The referee has a decision to make during the game between South Makirikiri and St Josephs.



SECONDARY SCHOOLS

ACC SPORTSMART WARMUP

Want to learn how to warm up effectively to prevent injury? The ACC SportSmart warmup is an effective, scientifically proven and validated programme, which enhances performance through injury prevention.

This course is ideal for anyone involved in sport, from managers and coaches to players. It is something they can undertake personally, as well as in a team environment, and helps them to take ownership of their own warm up for injury prevention. The ACC SportSmart Warm Up can be delivered to a whole team or class which is good for team bonding and individual growth. There will be ACC resources provided around this warm up along with concussion information and each participant will receive ACC SportSmart Certification.

The Certification course takes one hour, it is divided into theory and practical and can be delivered to groups of up to 30-40 players/students and coaches at any one time. The ACC SportSmart Warm Up programme is a great tool for life for anyone involved in a sporting environment.

The Injury Prevention Specialists will be in Whanganui Wednesday 26th July and Thursday 27th July so if you would like to book a course for your school or team or would like further information, please contact Clare at Sport

Whanganui:

clare@sportwhanganui.co.nz

Click on the following link to get an idea of what the course will involve: <https://accsportsmart.co.nz/warmup/>



MIDWEEK LEAGUES

Secondary School Futsal and Badminton Midweek Leagues will commence in term 3.

If you would like to register a team, please talk to your school Sports Coordinator!

Y.E.S.S – YOUTH ENCOURAGING SPORT SQUAD

Y.E.S.S (Youth Encouraging Sports Squad) is a platform for student voice to be heard in Secondary School sport across the Whanganui region.

Sport Whanganui's Clare Lynch has been the driver behind the creation of the group. Initially sharing the idea in 2016 with the Secondary School Sport Coordinators and thereafter at the regional Principals Forum, the concept got the go-ahead to begin in Term One. The 'student voice' is so important to reference to ensure sport is developed to meet the needs of participants and further engage young people, particularly those not currently participating.

Y.E.S.S members who were identified by their school Principal and Sports Coordinator are leaders in the sporting community and in their school. Their contribution will be valuable to the success of secondary school sport, being a vital link between the student body and 'Sport in

Whanganui'. It has created a formal platform for student voice to be heard and influence decisions related to secondary school sport across the region.

"Y.E.S.S has been a fantastic initiative as it allows the students to be heard first hand. They can identify the need in our region, they know what their peers want and in working with Sport Whanganui to meet these needs, the outcome will no doubt be positive growth in student participation in sport and sporting success." said Whanganui Girls College Principal, Tania King.

The group currently has a focus on non-participants and are working on implementing initiatives in their own schools to encourage more kids to get involved in sport and physical activity. Codes, clubs, schools and the community will be encouraged to use this student platform to gain insights into secondary school sport planning.

Y.E.S.S will be involved in many leadership projects, the following are some examples:

- * Initiate and lead change in secondary school sport
- * Create and implement non-participant strategies and initiatives
- * Research & promote 'What sport means to students & their school'
- * Promotion of sport opportunities (particularly to non-participants)
- * Lead sport participation surveys and feedback
- * Create new sports initiatives, sports awards & other school sports events
- * Support and introduce regular lunchtime/inter-house sport activities
- * Support student coaches
- * Promote coaching opportunities

The group meet once a term where they workshop together and have initiatives to work on throughout each term. One member says "With the introduction of Y.E.S.S comes the opportunity for students to have a voice regarding secondary school sport in Whanganui and the region. The ultimate goal is to encourage participation and increase collaboration between the schools."

There will be opportunities for codes to be on the agenda for upcoming meetings - talk to Clare if you are interested!

If you would like to find out more about Y.E.S.S contact Clare Lynch on 06 349 2881 or clare@sportwhanganui.co.nz.

Right: Sport Whanganui's Jodie Brunger some of the Y.E.S.S. members. (Not all members are in the photo.)



WHANGANUI SECONDARY SCHOOLS CROSS COUNTRY CHAMPS 2017

178 athletes raced around the Wanganui Collegiate School Golf Course circuit in the annual Whanganui Secondary Schools Cross Country on Thursday 25th May. This was a significant increase on last year's entry numbers.

The team competitions were more keenly contested especially in the boys' grades with particularly strong performances from Whanganui High School in senior boys winning both three and six-to-score teams events.

Whanganui City College were winners of the Junior Boys three-to-score team event and their success is a huge credit to Georgia Black who is working part time in a new initiative partnered by Athletics Wanganui, Wanganui Harriers and Sport Whanganui in a development role. The team consisted of Riley Zimmerman (2nd), Byron Woon (4th) and Bradley Woon (8th) with a score of 14 points.

Wanganui Collegiate School had a stronger showing in the girls' events winning five of the team titles available with Nga Tawa School winning the junior six-to-score event.

The Junior and Senior Girls race was a battle between the younger Rebecca Baker (WHS) and the leading WCS seniors Caitlyn Alabaster and Jane Lennox. The combination of grades helped provide the necessary competition for all three runners. Baker, with an impressive third and last lap broke away to win the 3000 metre race (11:43.1) with a nearly 13 second winning margin.

The boys combined junior/senior event provided another junior winner and also the biggest winning margin of the day. Liam Back (WCS) took hold of the race right from the gun. He completed the 4.1km in 13.27.5 to take the win.

Individual Winners:

Year 9 Girls 3km: Ashleigh Alabaster – WCS

Year 9 Boys 3km: George Lambert – WCS

Junior Girls 3km: Rebecca Baker - WHS

Junior Boys 4km: Liam Back – WCS

Senior Girls 3km: Caitlyn Alabaster – WCS

Senior Boys 4km: Liam Jones – WHS

Team Winners:

Year 9 Girls 3km: WCS (in both 3 and 6 to score)

Year 9 Boys 3km: WCC (3 to score), WCS (6 to score)

Junior Girls 3km: WCS (3 to score), NGTA (6 to score)

Junior Boys 4km: WCS (in both 3 and 6 to score)

Senior Girls 3km: WCS (in both 3 and 6 to score)

Senior Boys 4km: WHS (in both 3 and 6 to score)

Many of the runners that competed in the WSS event went on to represent their school at the NZSS Cross Country Champs held in Christchurch on Saturday 17th June.

The following athletes also represented Whanganui in the NZSS Relay event that was held at the same venue the following day.

The Whanganui Secondary Schools relay teams were:

Year 9 Girls: Ashleigh Alabaster (Collegiate); Ana Brabyn (Collegiate); Maddison Gray (Collegiate); Lucy Brown (Collegiate); Margie Hazelhurst (Collegiate).

Junior Girls: Marseille Bowie (Collegiate); Georgina Bryant (Nga Tawa); Sarah Mathews (Collegiate); Sophie McCarthy (Collegiate); Renee Teers (WHS); Reserve: Libby Abbott (WHS).

Senior Girls: Rebecca Baker (WHS); Caitlyn Alabaster (Collegiate); Jane Lennox (Collegiate); Sarah Lambert (Collegiate); Sophie Redmayne (Collegiate); Reserve: Grace Godfrey (Collegiate).

Junior Boys: Liam Back (Collegiate); George Lambert (Collegiate); Sam Thrupp (Collegiate); Ethan Cox (WHS); Connor Hoskin (WHS); Reserves: Ben Conder (Collegiate); Riley Zimmerman (City College).

Senior Boys: Liam Jones (WHS); Travis Bayler (WHS); Jack Gay (Collegiate); Ethan Gillespie (Collegiate); Riley Zimmerman (City College); Thomas Conder (Collegiate).

Well done to all competitors!

[CLICK HERE](#) for results from NZSS Cross Country.



What's Happening in the Regions

with Marie



FUNDAMENTAL MOVEMENT SKILLS

Sport Whanganui's Fundamental Movement Skills Programme has been taking place in six Primary Schools (seven Classes) across the Rangitikei district and four Schools (eight Classes) in Ruapehu. This term all Year 3 & 4s have had the opportunity to develop and progress their fundamental movement skills to ensure they can participate in other activities that occur in school life and at home in recreation activities with their families. Keep up the good work kids!



RANGITIKEI FLIP & TWIST

Flip & Twist, held in Marton Primary School Hall, has started off with a bang with 40 Children aged 4 - 7 learning the basic fundamentals of gymnastics. There are also 35 8 - 12 year old children taking part in a later session. All ages are progressing well with their gymnastic skills and most of all are having a fun time with their peers at the same time.



GET ON YOUR BIKE

The Manawatu Mountain Bike Club run a wide variety of exciting activities for club members to get involved in. These include competitive and non-competitive events, rider development evenings during summer, social events and rides, family rides, night rides during winter and fun trips away to great mountain biking locations in the Rangitikei. To contact the Events team at MMBC, email mmbcnz@gmail.com. You can also check them out on Facebook [@ManawatuMountainBike](https://www.facebook.com/ManawatuMountainBike)



WAIMARINO TOUGH KID®

2 JUNE 2017



WHANGANUI EVENTS

One of the key insights Sport Whanganui have found when working with schools and community sport and recreation groups is their desire to have quick and easy access to all 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 just head to whanganuiwhatson.nz.

Whanganui What's On!

2017 YOUTH GAMES

The 2017 Youth Games was smaller than hoped, but the seed has been successfully sown over four days of glorious Whanganui weather.

Based on a sports event idea pitched by Dilan Raj and Andy Lock to the Den of Dragons in 2016, the invitation schools tournament saw 11 basketball teams, ten netball squads and ten golfing teams contesting competitions over the four days.

Mana College (junior boys) and Whanganui High School (junior girls) won the basketball events, while the WHS girls made it a ball-sport double by winning the netball module, with Hawera High School second and Cullinane College third. Collegiate and WHS won the respective golf gross and net gold medals.

Raj said the feedback for their first event was "overwhelmingly positive".

"This reassured us that we are on the right track in addressing issues of drop off in participation numbers in Year 9 and 10 and subsequently the social issues that occur when youth are not involved in sport".

"The Youth Games after this year has already garnered a good supporters base and with many Year 9's returning next year and telling others of their experiences, schools participation will grow".

"Opportunities for similar aged youth to play against each other in an Olympic-style structure is limited and the Youth Games has gone a long way in addressing that by

ATHLETICS COACH DEVELOPMENT OPPORTUNITY

30 and 31 October | Sport Whanganui & Cooks Gardens

Monday 30th, 9am - 3pm

Tips and tricks to help children improve their running jumping and throwing.

Tuesday 31st, 9am - 1pm

Coach developer and athletics skills session covering the skill progressions needed in each of the athletics disciplines.

**\$5 per participant. Choose to attend one or both sessions.
Lunch provided for Monday session**

Register by Thursday 28th September (end of term 3)

Contact Jodie Brunger at Sport Whanganui:

jodie@sportwhanganui.co.nz

021 144 8944



creating a valuable and memorable experience." Coaches highlighted the respective codes' tournament days provided significant playing opportunities to experiment with combinations and strategy. The lessons for the youth were immense and reinforced the Youth Games motto of "Participate – Enjoy – Develop".

Teams from outside Whanganui also enjoyed the local hospitality and had opportunities to experience what Whanganui had to offer.

The next youth event being held in Whanganui is the Summer Intermediate (Y7 & Y8) Games running from April 9th to 12th 2018 and includes cricket, tennis, athletics, softball, sailing, touch rugby, golf and darts. Information about the Summer Intermediate Games can be found on www.youthgames.co.nz

The games were supported through funding from the Council-run Den of Dragons, Steve Caudwell photography, Two Monkeys web design, Local & Loyal, and Display Associates.





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 7.30 - 9.30pm - Club night. \$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 is on Wednesday evenings 6.00 – 7.30pm. Under 15, 17 and 19 is on Monday's 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 the 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: gfeist@xtra.co.nz

CLUBS

TAUMARUNUI CYCLE CLASSIC

Calling all Cyclists! The Taumaranui Cycle Classic is a great 114 km cycle ride so get a group of friends together and start training now. Save the date! We look forward to seeing you on the 11th November 2017.



ATHLETICS & HARRIERS

Do you want to get fit OR improve your running?

Now the Wanganui Harrier Club offer group trainings

Tuesday, Wednesday, Thursday

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

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

www.wanganuiharrierclub.co.nz/



WHANGANUI SQUASH CLUB

Junior Squash

We all know there are so many sports to choose from these days but how many sports can be played all year round in all weather conditions at any time of the day? Squash offers this flexibility and is a great way to get the whole family active.

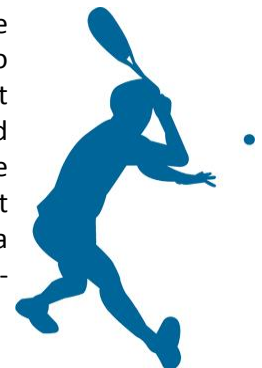
The Whanganui Squash Club, with the support of their passionate committee, have created a wonderful Junior Squash programme for kids. Children from the age of 4 to 14 are flocking to the courts on a Friday night to be part of the fun, family friendly environment at the Whanganui Squash club.

Each Friday children are offered some simple coaching tips and tricks to improve their game but for the most part the session is all about playing and enjoying squash with others. All the equipment is provided so if you don't have a racquet just pop along with a gold coin and a pair of clean non-marking shoes.

Where: Wanganui Squash Club

When: Fridays - 5.00pm – 6.30pm

Shoes – squash courts require players to have non-marking shoes. Ideally you should have a pair of shoes that you only use at squash and you don't ever wear outside. At the very least, if you only have one pair of shoes, you must make sure they are clean. Give them a good scrub before you come down to the courts. Better still, get a pair of shoes that you only use on the court. They must be non-marking.



INDOOR NETBALL

Wanganui Indoor Link Netball Tournament

Two-day Tournament.

Saturday 14th and Sunday 15th October 2017.

Springvale Stadium.

Mixed and Women Teams.

Times and grades to be confirmed once entries close

Limited entries

If anyone is interested email Julie on julietemperton14@gmail.com or phone 027 251 2515

www.facebook.com/WanganuiIndoorLinkNetball

www.sporty.co.nz/wanganuiindoorlinknetball

