



SPORTING PERSONALITIES

Jason King – Football

All sport volunteers have a story about how it all started and it often involves children. Jason King's story is no different - he first started coaching Football when his daughter Lauren (now 9) became interested in the sport.

Throughout his five year coaching career Jason has coached juniors, youth and seniors. Juniors and youth at rep level, and seniors (this year) at travelling competitive level.

First Kicks is a Football programme for 4 – 6 year olds and Jason has been involved since its introduction to Whanganui in 2012. There isn't a Saturday you won't see Jason down at Wembley Park, fully involved in the goings on and making sure he and everyone else has a great time in the process.

Sport Whanganui asked Jason a few questions about his experiences to which he replied with honesty and enthusiasm.

How did you first get involved?

I first started volunteering thanks to my daughter Lauren. I'd played football myself, up to rep level, as a junior and youth player, but had an extended break from the sport until my eldest started playing when we lived in Blenheim.

When Heath moved back to live with me in Whanganui, both my two eldest sons were involved in football, but my daughter Lauren really wanted to play too. She loved getting kitted up and jumping on the field with Jacob's team, but was very shy and didn't really get involved or touch the ball.

The next season, there was a new initiative called First Kicks for the little kids, which at first I thought was a waste of time. Schoolyard games, and less focus on the 'fixture' itself with smaller numbers of players on each team... that's not the football I played as a kid.

However, one weekend, I was sitting there griping to my wife about how this wasn't football, when I heard laughter over my shoulder. I looked and it was my daughter and her teammates having a wonderful time with the little skill drills, and I noticed that elements of football were right there as well.

I instantly saw the benefits, rolled my sleeves up, and threw everything into making sure that all young footballers, not only my own, benefited from the support of good coaches, and a well-designed football programme.

Over the years this also meant sharing my passion with the next generation of young coaches who were keen to share their own passion as well.

What motivates you to do this?

Simply seeing the kids fall in love with sport, or seeing a coach find the passion for the game again through their own volunteering. It's sometimes simply a smile that makes it all worthwhile.

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

The best part is seeing the kids fall in love with the game, and not just play to be the best, but play to be kids as well. Some will go on to bigger and better things, others won't, but at the end of the day, they'll hopefully all stay with the sport, because they love it, not because they feel they have to play it.

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

To see more growth around the region and an increase in people willing to help those playing the game. Call them a coach, a helper, a game leader, whatever. If it's fun and rewarding, it doesn't matter what your title is.

Jason is one of many sporting personalities Sport Whanganui wishes to recognise.

This is the second of a series of articles recognising the wonderful sport volunteers we have in Whanganui. For further information about coaching and volunteers please contact Jodie or Jimmy at Sport Whanganui on 06 349 2300.



Jason (centre) with Wellington Phoenix players who visited Jason's junior Football teams after winning the Lotto Volunteers Ultimate Team Experience.

THE DOWNS GROUP



29 September 2017

Entries now open!

Registration packs have been sent directly to schools

Entries close Friday 8th September

Event proudly hosted by
SOUTH MAKIRIKIRI
SCHOOL

ACC SPORTSMART WARM UP

The ACC SportSmart warmup is an effective, scientifically proven and validated programme, which enhances performance through injury prevention.

The Injury Prevention Specialists were in Whanganui Thursday 3rd and Friday 4th August and we were pleased with the response of over 100 participants completing the course. This included coaches and athletes.

ACC resources were provided along with concussion information. Each participant now has an ACC SportSmart Certification.

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



SECONDARY SCHOOLS

MIDWEEK LEAGUES

Secondary School Futsal and Badminton midweek leagues will commence this week with nine Futsal teams and 57 badminton players participating. There is sure to be some great competition!

WHANGANUI SECONDARY SCHOOLS SPORTS AWARDS

The Whanganui Secondary Schools Sports Awards will be held on Wednesday 1st November at Cullinane College - save the date!

Nominations open on Monday 7th August.

We are excited about our new event partner and guest speaker this year... all will be revealed very soon!

For any further information, please contact Clare at Sport Whanganui: clare@sportwhanganui.co.nz

GOOD CLEAN SPORT - YOUTH SEMINARS

Good Clean Sport - Youth is a partnership between Drug Free Sport New Zealand, New Zealand Rugby, NZ Secondary School Sports Council, NZ Olympic Committee, Sport NZ, NZ Athletes Federation and the NZ Rugby Players Association.

The aim of this programme is to offer clean sport education to secondary school students who perform strongly in sport. The programme centres around values-based decision making and dealing with various pressures placed on youth. Topics such as supplement use, concepts of cheating and the spirit of sport are covered within 45 minute interactive workshops.

We are excited to host the DFSNZ crew in Whanganui on the 8th and 9th August where they will deliver the 'Good Clean Sport' seminars to many of our young aspiring secondary school sports people.

For more information, please contact Clare at Sport Whanganui: clare@sportwhanganui.co.nz

FACTS & FIGURES



drugfree sport
new zealand

What's Happening in the Regions

WORKING TOGETHER HOLIDAY FUN

Sport Whanganui and Taumarunui Youth Community Trust have joined forces to encourage, develop and provide opportunities for all community members of Taumarunui.

Together we will encourage a community centred approach. Together we will foster and encourage to support and grow the capability of our sporting communities by strengthening and unifying the community. We also hope to identify and develop opportunities to grow sport and recreation by developing meaningful relationships and partnerships.

If you would like to talk more about how we can help, support you with any sport development outcomes please ensure to contact either:

Sport Whanganui Regions Advisor - Marie Kinloch
marie@sportwhanganui.co.nz

Amy Perez - admin@taumarunui-yct.com we look forward to hearing from you.

The Marton and Taihape Youth Zone Centers were a hive of activity during the first week of the school holidays. Sport, crafts, yoga and cooking were all programmes well attended during the programme. The youth have had a blast creating and learning new skills and are keen to continue attending the Marton and Taihape Youth Zone programmes which are available for 10 to 18 year olds. Activities included sport, crafts and yoga along with cake baking and decorating as well as a Youth Debate at the Rangitikei District Council where participants could go along and be a councilor for the day, or even the Mayor! The Youth Zone activities were led by Youth Coordinators Gillian and Oliver. If you would like to know more about the Youth Zone please check out their face book pages - Marton Youth Zone or Taihape Youth Zone.



NEW HOME FOR BIKES

Sport Whanganui has, over recent years, been very active in the field of 'Learn to Ride' in Whanganui Primary Schools. However with the emergence of other deliverers in that particular area it was determined that the fleet of bikes that Sport Whanganui used for this purpose and for 'hire' to public organisations would be better utilised through a new home at the YMCA.

The management at the YMCA were keen to develop some of their staff to deliver meaningful coaching to potential users of the bikes in their Holiday Programmes and other activities they undertake, and so Sport Whanganui's Steve Kerfoot was tasked with upskilling some of the YMCA coaches. Above / below are photos of Steve working with Ben Crocket, Ryan Holden and Zeb Small in one of the three sessions undertaken in week one of term three which will ensure the ongoing use of the fleet of bikes, originally funded by the Whanganui Community Foundation and Powerco Trust, under the guidance of capable instructors!



THE DOWNS GROUP
TOUGH KID®

29 September 2017

Hosted by South Makirikiri School

LOCK IT IN!

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



COURT SPORTS

MIDWEEK LEAGUES FUTSAL & BADMINTON

Midweek League futsal and badminton will be starting in term three. Futsal will be run at Whanganui High School on Wednesday evenings and Whanganui City College on Friday afternoons. Badminton will be run on Friday afternoon at WHS.

Midweek Leagues are for teams and individuals to come along and have a go at different sports. The games are very social but also have some very skilled individuals involved.

For information or registration forms, contact Ross Cronshaw at Sport Whanganui on 022 641 2043 or ross@sportwhanganui.co.nz

SECONDARY SCHOOL BASKETBALL



Whanganui Basketball's Friday night secondary school basketball is into its 7th week of competition. There are 31 teams involved in the competition, played at Springvale stadium.

This season a Premier League was introduced. This league uses stop clock and 24 second shot clock, but has eight minute quarters instead of ten. There have been some close, high intensity games played during the season amongst the five boys and five girls teams playing in the premier division.

There is also a Senior B Grade boys and girls competition and a junior boys grade. The junior boys grade has the most teams (9) involved with teams from all the local schools, as well as Rangitikei and Taihape coming across to compete.

There are two weeks to go in the season, then semi-finals will start up for all grades. The finals will be on the 25th August. Thanks to all the coaches, volunteers and teachers that have been involved in the competition, and a big thank you to all the refs too!

MINIBALL COMPETITION

The Whanganui Basketball Association's Miniball league has finished up for this year. The league was held over ten weeks on Thursday afternoons, from 3.45 to 5.30pm. 18 teams were involved including ten year 3 & 4 teams and eight year 5 & 6 team's competing.

Junior grade results:

Te Wainui a Rua

St. John's Hill Green

Te Kahui Tipu

Senior grade results:

Te Kahui Tuakana

Upokongaro Jumpers

Te Wainui a Rua

Again, we would like to thank all the coaches and teachers for organising their teams. Also, the refs that turned up each week to keep the competition running!

MALAYSIAN TEAM TOUR

HoopNation organised for the Malaysian men's team to tour New Zealand over the last few weeks. One of the stops was Whanganui where they played against the HoopNation Select team. The HoopNation team was made up from players from around the country, some ex Tall Blacks and Breakers players, as well as 1st division veterans and some young talent. Three of the players, Akira Marsters, Matt Te Huna and Matangirei Hipango, all have strong links to Whanganui.

The game ended in a good win for the HoopNation Select team, played in front of a big Whanganui crowd, at Springvale stadium. It was great to see quality basketball played in Whanganui.

While the team were in town, Everard Bartlett ran a skills session for local kids at Cullinane College where over 30 local kids turned up to learn new skills and put in some work.



WANGANUI INDOOR LINK NETBALL

Two-day Tournament.

Saturday 14th and Sunday 15th October 2017 at Springvale Stadium.

Mixed and Women Teams. Times and grades to be confirmed once entries close.

Limited entries.

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

www.facebook.com/WanganuiIndoorLinkNetball
www.sporty.co.nz/wanganuiindoorlinknetball



**NEW ZEALAND
TEACHERS' GAMES**
MT MAUNGANUI 2017

Sunday 1st October – Tuesday 3rd October.

An opportunity for teachers and other school staff to have fun with their colleagues, to compete seriously or socially and to enjoy each other's company on the sports field.

www.sporty.co.nz/nztg

Sport Whanganui Stakeholder Survey



Recently, you were sent a 'Stakeholder Satisfaction Survey', asking you to comment on your experience with our organisation, our direction and our competency in various areas. 22.8% of you completed this survey, and it was then analysed by Sport New Zealand before the results were sent back to us.

Your feedback is now helping us to refine what we do and ensure that we are serving our community as best as possible, so thank you!



We are always striving to improve how we do things and how we all work together better towards the same goal.



Our vision:
An active community participating in sport and recreation

Our purpose:
To lead collaboration to promote physical activity

Communication is the key to all of our success, we're not tracking too badly here but we can do better and the key to that is by knowing the best way to communicate with you or your organisation. If you don't hear from us on a regular basis it could mean we don't have your latest details. So feel free to let us know how best to stay in contact with you.



J.R. Jones

Danny Jonas
CE Sport Whanganui

40 Maria Place Extension
Ph: 349 2300, Whanganui 4500
www.sportwhanganui.co.nz

LIST YOUR EVENT

One of the key insights we have 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.

Whanganui What's On!



SHARE
YOUR LOVE OF
BIKING

FREE RIDE LEADER
PROGRAMME FOR PEOPLE
WHO WANT TO SHARE THEIR
LOVE OF BIKING WITH OTHERS.

If you love cycling like we do, and you are passionate about the community, why not become a ride leader and share your experience with others.

We would like you to be part of a network of passionate people who are keen to share their knowledge and passion of biking with others by becoming cycling ambassadors and cycling group leaders on or off the road.

Whether you are a person who rides for fitness, recreation, commuting or who enjoys exploring our region's network of wonderful cycle paths, we are keen to have you part of this programme to help others to get cycling.

MANAWATU
WORKSHOP 1: FRI 27 OCT
9.30AM - 3.30PM

WHANGANUI
WORKSHOP 1: SAT 28 OCT
9.30AM - 3.30PM

RISE LEADER PROGRAMMES ARE DELIVERED IN PARTNERSHIP WITH:



FOR MORE INFORMATION OR TO REGISTER EMAIL: RISE@CYCLINGNEWZEALAND.NZ OR PHONE 07 8230716

CLUB CONTACTS WANTED

The competition has ended but registration is still open to get your club listed in the Whanganui Digital Sports Directory. The sports directory is one portal where all local sporting bodies and clubs can be reached. Make your club visible to potential members, players, supporters, and volunteers.

Click here to fill out a registration form:
<https://form.jotformpro.com/72042275857965>



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.black@hotmail.co.nz

For more information including prices to become a club member and a list of other club events visit:
www.wanganuiharrierclub.co.nz

Club News

WANGANUI BADMINTON

Over the recent school holidays Wanganui Badminton took both their under 13 and under 15 teams to compete in the Badminton Nationals in Palmerston North. This is a huge four day tournament with all the major centres represented.

Both the under 13 and under 15 teams have been preparing for this competition over the last few months under the expert guidance of Mr Graham Feist. Both teams were made up of four boys and four girls with each playing a singles, double and mixed doubles match for each tie played.

Each team played 2 matches over the 4 days with each match consisting of a singles, doubles and mixed doubles game for each of the players. Some of the games were closely contested with some outstanding speed and skill shown by many of the players and their competitors.

For the under 13's this was their first major tournament and while some of the results didn't go their way they gained a huge amount of experience from their 4 days of competition finishing 20th overall.

The under 15's had a strong showing in the grading rounds with losses to the experienced Auckland and Counties Manakau teams. This placed them in division 2 for the competition rounds along with Taranaki, Southland, Bay of Plenty and Waikato. Whanganui won all of their matches 11-5 and went on to meet Waikato in the final. A hard fought battle resulting in a 6-10 win to Waikato placing them 2nd in division 2 and 8th overall. A fantastic effort for the smallest region competing at the Nationals this year.

Whanganui players Under 13: Noah

Jones, Toby Brandon, Mataamua Biddle Amaroa Nicholls, Hazel Chant, Amy Benadie, Brianna Palmer.

Under 15: Joshua Brunger, Blake Hoskin, Donovan James Bell, Zi Xuan Tee, Perry Xie, Chloe Benadie, Emily Benson, Baylie Hilbourne, Maggie Jones.

A huge thank you to Arno Benadie, Grahme Feist, Cameron James and all the supporters for making the 4 days so successful for our little badminton region.

If you would like to help grow badminton in Wanganui and be part of the game either socially or competitively then there are a number of days and times to choose from.

Monday night 7.30 – 9.30pm Club night starts on 13 February 2017. Cost of \$7 per night or a season sub. Suitable for all abilities. Rackets available.

Tuesdays 6.00pm – 8.00pm Recreational Juniors starts on 7 March 2017. Cost of \$4 per session. Rackets provided.

Thursday morning 9.30 – 11.30am Starts on 16 February 2017. Cost of \$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 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 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

WHANGANUI SQUASH CLUB

Prince Series Junior Squash

The Whanganui Squash club are excited to be hosting the final of the Junior Prince series on the 6th of August.

The Junior Prince Series is held at clubs all over the Central District over 16 weekends and is a great way to encourage and motivate juniors into competitive squash. A one day tournament, it inspires J-graders of all ages to give tournaments a go. Players gain points for entering each tournament and winning matches. At the end of the series, the final points are counted and the top 10 finishers all win prizes, sponsored by Central Squash and Prince. There is \$1000 worth of prizes from Prince given out to the top eight boys and top eight girls and Central give out five \$100 coaching sponsorships at the conclusion of the series.

Whanganui has 13 registered players in the series, of that four are in the top 10. Proudly two of our #NuiJuniors, Blake Hoskin and Maximus Matthews are fighting it out for 1st and 2nd in the series points at the moment.

A big part of Whanganui squash juniors is the support they receive from parents and local businesses who help with running the events and sponsoring prizes. A massive thank you to our sponsors - BNZ, McDonalds, Mars Petcare, Mt View Screenprints and the Splash Centre who are supporting the kids and the club this coming Sunday.

The Whanganui Squash club are hoping for a good turnout at the event and everyone is welcome to come along and have a look at some of the awesome local and regional talent developing at the squash courts!

Games will start from 9am.

Whanganui players in the Prince Series: Aria Bannister, Josh Brunger, Thor Darlington, Blake Hoskin, Connor Hoskin, Maggie Jones, Noah Jones, Maximus Matthews, Aidan O'Conner, Malachy O'Conner, Tadhg O'Conner, Logan



prince

WHANGANUI
Squash
C L U B