



COMMUNITY GOOD SPORTS



In 2015 Sport Whanganui created the **Community Good Sports** initiative which encouraged and supported positive sporting environments for athletes, coaches, parents, officials, volunteers and fans.

The basic structure of the initiative is 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.

Central Football has really got behind the initiative and has been using it this year to reward all their amazing volunteers. Over the last few months they have recognised **Josh McDermitt, Saskia Knight, and Andrew Newman.**

Josh runs a 7th & 8th grade team on a Saturday morning. He is also part of the first kick set up team and comes down early every Saturday to help out with set up before the first round of games start.

Saskia Knight runs a 9th & 10th grade girls only team, which plays against the boys in the competition. After she has finished, she helps set up the fun football rotations (7th & 8th grade) and supports the set up and runs the first kicks.

Andrew "Potter" Newman has helped out with first kicks and junior football these past 3 – 4 years, by supporting the 7, 8, 9 & 10th grade timings and games. Andrew also coaches the first kicks and helps set up the fields first thing on a Saturday morning.

These are just 3 of the many wonderful Community Good Sports in our community.

Sport Whanganui would like to thank, not only these 3, but the many volunteers who help ensure that sport happens in our community. If you would like to know more or be involved please contact Jodie at Sport Whanganui.

ATHLETE DEVELOPMENT...

Kids learn a lot about how to act in the world from what we say and how we are saying it. They hear it when we criticise the referee from the side-line. When we belittle another parent on the car ride home, or when we compare one child unfavourable with another.

Crucially, it's the small things repeatedly experienced over time that have the biggest impact. Imagine a 'dripping faucet'. Right now, it's hardly noticeable.. easy to pass off and unimportant, but over time, if the dripping continues, it adds up. And before you know it, litres of water has been lost.

7 DRIPPING FACADES IN YOUTH SPORT FOR PARENTS AND COACHES TO CONSIDER...

THROWING HANDS IN AIR

Players make mistakes. Throwing your hands in the air in frustration will not only make the offender feel worse, but also send a message to the rest of the team that mistakes are unwelcome. In fact, they're an essential part of the learning process.

FAKING A SMILE

Faking a smile is a sign of deception. If you don't agree with what's been said by your child's coach or another parent be prepared to talk about your honesty.

CROSSING YOUR ARMS

Crossing your arms is a sign of defensive resistance. When coaching your athletes, always try to keep your arm opens and your hands in sight.

WALKING UP AND DOWN THE SIDELINE

Following play yelling instructions can be unnerving for your child, not to mention embarrassing. Find a spot, sit tight, and enjoy the game.

ROLLING YOUR EYES

Rolling your eyes is a sign of contempt and a sure fire to make your players feel worthless.

CHECKING YOUR PHONE

Looking at your phone during meetings is a sign of boredom and downright rude. Whoever you're talking to, put your phone away, look them in the eyes, and be present. ®

RESTING YOUR HANDS ON HIPS

Resting your hands behind your head or on your hips is a sign of superiority and aggression. Keep this in mind the next time you're talking with your players, particularly when giving corrective feedback to help them get better. -

[Dr. Craig Harrison](#) – August 2017

Ray White

WHANGANUI SPORTS AWARDS

FRIDAY 17 NOVEMBER | WHANGANUI WAR MEMORIAL CENTRE

NOMINATIONS ARE NOW OPEN!!

So now is the time to start thinking about all the great people who get things done as well as the stars in your sport who have achieved amazing things this year. These awards are a great opportunity to recognise all these fantastic people in your sport. The categories are as follows:

- ◇ National Junior Sportsperson of the Year
- ◇ National Senior Sportsperson of the Year
- ◇ Junior Team of the Year
- ◇ Masters Sportsperson of the Year
- ◇ Coach of the Year
- ◇ Disabled Sportsperson Recognition
- ◇ International Junior Sportsperson of the Year
- ◇ International Senior Sportsperson of the Year
- ◇ Senior Team of the Year
- ◇ Club of the Year
- ◇ Services to sport Recognition

WHY SHOULD I NOMINATE?

- ◇ Recognise your Club's athletes/sports people
- ◇ Thank your Club's volunteers and helpers
- ◇ Promote the strength of your sport (may lead to an increase in membership)
- ◇ Support a community event.

WHAT ARE THE SPORTS AWARDS?

The Sports Awards are an annual event run by Sport Whanganui with the purpose of celebrating our regions sporting achievements.

The 2017 Awards seek to recognise excellence and dedication to Whanganui regional sport during the time period 1 October 2016 to 30 September 2017.

HOW CAN I PURCHASE TICKETS?

Tickets will be available from Sport Whanganui from 10 October until 11 November at a price of \$60 each, or \$40 for nominees. Or purchase a full table of 10 for \$550.

Please note: If you are nominated in a team or club your team/club is entitled to up to 3 tickets at \$40, any extra tickets will be \$60.

Seats/tables will only be allocated once tickets have been purchased.

We recommend purchasing your tickets as soon as possible as the last two years have sold out very quickly!

If you have any questions, please contact Nicky Mailpaard at Sport Whanganui:
06 349 2880 | nicky@sportwhanganui.co.nz



PRIMARY SCHOOLS

In term three and four of each year we run our BSS (Basic Sport Skills) programme which caters for the year 5 and 6 age group. This year the sports codes that are being delivered are Basketball and Squash. We have delivered basketball to 18 classes and squash to 9 classes around Whanganui. These sessions have been packed with skills but most importantly the kids have had fun!

Each class has delivery once a week over five weeks where they learn basic skills that they will require to be able to play basketball or squash. We encourage game based learning and have designed games to

compliment skills that are taught in each lesson. We try to keep our instruction time to a minimum and let the game be the teacher. It is rewarding to see children grasp a new skill and improve their game!



NZRL have developed new resources for schools in time for the NZ Rugby League World Cup 2017 being hosted in NZ, Australia and PNG.

The primary focused resources include:

- ◆ Three resource cards focused on the themes of wellbeing, leadership and resilience and include a short story written by David Riley (readingwarrior.com) profiling a New Zealand rugby league player
- ◆ A booklet of activities more aligned with the Rugby League World Cup tournament.

It is intended that the resources are adapted to fit learner needs and context. There is an Education Gazette article this month and a profile on women's rugby league in a school journal later this year as the women's tournament is running alongside the men's <http://www.rlwc2017.com/>

You can access the resources by emailing rlwc2017@nzrl.co.nz with school name and contact details and they will be emailed to them directly. More information in the news section found here www.nzrl.co.nz



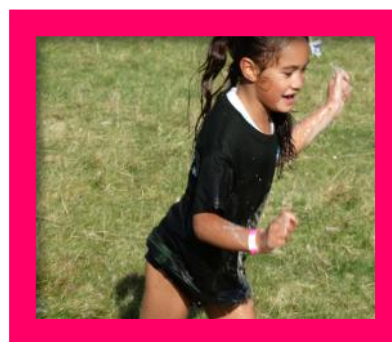
Planning is well underway for the 2017 Tough Kid event. This year the event will be on Friday the 1st December at Cooks Gardens, so leave a space in your calendar for this fun filled day!

Last year we had 1790 kids in Years 3-8 complete the course from 32 schools around Whanganui and this year we are hoping for the same turnout or even slightly bigger! There are trophies up for grabs for the Toughest Junior and Senior School as well as medals for our individual place getters!



We are also on the hunt for volunteers who would like to help out on the event day. If you would like to be part of the event by helping all the kids over, under and through the obstacles then please get in touch with Sport Whanganui.

Keep an eye out for rego packs being sent out to schools next term and get involved in one of the greatest events on the sporting calendar!



SECONDARY SCHOOLS

YOUTH EMPOWERING SPORTS SQUAD (Y.E.S.S)



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

Sport Whanganui's Clare Lynch has been the driver behind the creation of the group and it is now in full swing. We have had three workshops so far

Photo: Icebreaker game to begin workshop 3 led by Gabriel McGregor

this year with two more before the end of the year.

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 and this is a major focus for the student council.

The group is currently working on a five year plan to revitalise house sport activities to increase participation, boost morale, competition and culture within schools.

Y.E.S.S have created the following Purpose, Vision and set of values for their council:

Purpose: To connect with our student community and influence positive change.

Vision: To lead and advocate for quality opportunities and experiences in youth sport.

Values: Passionate, Inclusive, Encouraging, Approachable, Positive and Confident.

"Y.E.S.S has been a fantastic initiative as it allows the students to be heard first hand. They can identify the needs 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.

One council member said, "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/organisations 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 email clare@sportwhanganui.co.nz

INDOOR BOWLS AT CULLINANE!

Cullinane College students have been giving Indoor Bowls a go during their lunch breaks over the last two weeks with Michelle Watt, Indoor Bowls Advisor from Taranaki. Michelle has provided coaching throughout the two sessions and organised competitions amongst the students to play against each other. There is some real talent among the students and they have all improved dramatically over the two week programme. After further interest from students and their enjoyment of the game, we are hoping to get a few more schools involved so we can host an inter-school locally. Thanks Michelle!



Secondary School Tennis

'Play Tennis' in collaboration with Sport Whanganui are offering youth tennis competitions in term 4 after the success we had in term 1!

Primary & Intermediate Tennis starts on Thursday 26th October, 3.30-4.30 and will be held at WIS.

Secondary School Tennis starts on Tuesday 24th October, 3.45-4.45pm and will be held at WGC and one other school yet TBC.

Contact Gene for more information:

Gene Ridgway - Play Tennis

Mobile: 021 0252 3147

Email: generidgway@gmail.com



THE HITS WHANGANUI SECONDARY SCHOOLS SPORTS AWARDS 2017



Guest speaker—Former Black Sticks player Kayla Whitelock

The Hits have come onboard to support upcoming Whanganui Secondary School Sports Awards

The date is set for the annual Whanganui Secondary School Sports Awards and organiser Sport Whanganui is delighted that The Hits have this year come on-board as our event partner.

The Awards are held in school term four each year to celebrate the sporting achievements of secondary schools across the Whanganui, Rangitikei and Ruapehu districts. This year's awards night is being held from 5.15pm-8pm on Wednesday 1 November at Cullinane College.

As well as the awards ceremony itself, guests will be treated to drinks and nibbles and entertainment by guest speaker Kayla Whitelock; former Black Sticks hockey player.

Sport Whanganui's CEO Danny Jonas says: "We're delighted to partner with The Hits to deliver this prestigious event. It provides an excellent opportunity for our region's young sports achievers to be recognised among their peers."

Sport Whanganui's Young People Lead and Event Coordinator Clare Lynch adds: "The Awards are a great way to recognise our region's young people as athletes, coaches and volunteers. While the awards ceremony celebrates top performances, it is also about recognising student coaches, officials and their contribution to sport. It's going to be a fantastic night and, as well as having a new event partner, we're very excited to have Kayla Whitelock as this year's guest speaker."

Nominations are now open and must be submitted by the schools. The categories open for nominations are listed on the Sport Whanganui website under the 'events tab'.

Tickets to the event will go on sale from Sport Whanganui on Monday 9th October.

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

COMMUNITY WORKSHOPS

Throughout the winter months, Sport Whanganui offered a range of community workshops to address the needs highlighted by our region's sporting community.

Workshops this year included:

- ⇒ **Goal setting— for athletes & coaches**
- ⇒ **Grassroots coaching – for beginner coaches**
- ⇒ **Sports strapping**
- ⇒ **Basic food nutrition for young sports people**
- ⇒ **Basic first aid**

With these workshops proving very successful, we would really appreciate the community's feedback and input into the workshop calendar for 2018! So if there is something that you would like to learn more about or you would like one or more of the workshops repeated again next year... please let us know!

Contact Clare on (06) 349 2881 or email clare@sportwhanganui.co.nz



Photo: A full house at the Goal setting workshop earlier in the year



SPORTS DIRECTORY REGISTRATION

Registrations are still open to get your club listed in the directory.

The sports directory is one portal where all local sporting bodies and clubs can be reached. Get your club visible to potential members, players, supporters, and volunteers. Click here to fill out a registration form: <https://form.jotformpro.com/72042275857965>

SUMMER SPORT

With Winter Sport coming to a close summer sport is just around the corner. If you have competitions, programmes or events you are planning for the summer, send through the details to Sport Whanganui and we can support your code to promote your summer sport across the school and community sport network.



We can help promote your sport!

KIWISPORT

KiwiSport Funding - \$40,000 available this round.

The next window for KiwiSport funding closes on the 31st of October.

KiwiSport is aimed at school aged kids and is focused on these three outcomes:

1. Increase the numbers of school-aged children participating in organised sport – during school, after school and by strengthening links with sports clubs.
2. Increase the availability and accessibility of sport opportunities for all school aged children.
3. Support children to develop skills that will enable them to participate effectively in sport at both primary and secondary level.

If you would like to find out more, discuss a project that you are thinking of doing or need support with your application, contact me at jimmy@sportwhanganui.co.nz, or simply download a form from our website.

WHANGANUI EVENTS CALENDER

One of the key insights we have found when working with schools, 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 visit the site by clicking the following link <http://www.whanganuiwhatson.nz/>



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
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RIDE LEADER PROGRAMMES ARE DELIVERED IN PARTNERSHIP WITH:



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



COURT SPORTS



SECONDARY SCHOOLS

The finals for the secondary schools basketball were held on the 25th of August. The tournament team and final results were as follows:

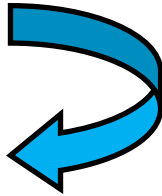
SENIOR BOYS TOURNAMENT TEAM

1. Te Heru Reu Koro - Cullinane
2. Javontae Wroe (MVP) - WHS
3. Brayden Tyson- City College
4. Tyreese Adams- TAS
5. Zac Hill- Collegiate
6. Judah Tamaniyaga- WHS
7. Josh Bleakley- WHS
8. Donny Thompson- Cullinane
9. Justice Robertson-Hiri- Cullinane
10. Will Stevenson- Collegiate
11. Kieran Pere- Collegiate
12. Rangī Kui- City College



SENIOR GIRLS TOURNAMENT TEAM

1. Lexi Maples - Collegiate
2. Montel Aki- WHS
3. Kara Adrole (MVP) - WHS
4. Sophie Andrews- WHS
5. Mikayla Heka- WHS
6. Ruruhira Moir- WGC
7. Ina Whanerere- Cullinane
8. Anastacia Joseph- Cullinane
9. Dharma Juergens- WHS
10. Leigha Stormont- WGC
11. Kiana Miller- Cullinane
12. Awatere Mclean- Cullinane



3X3 BASKETBALL

3x3 basketball will be starting up on the 28th of October and run through to the 9th of December at the WHS Seddon gym from 1pm on Saturday afternoons.

We will be looking to run a year 9 & 10 grade and a year 10-13 grade, depending on numbers. The league will be in preparation for the 2018 3x3 schools Nationals and will be played to BBNZ 3x3 rules.

Registration forms will be available soon, for more information contact Ross Cronshaw on 0226412043 or ross@sportwhanganui.co.nz

MIDWEEK LEAGUE VOLLEYBALL

Intermediate and Secondary school volleyball is returning for term 4. The league will start on the 25th of October and run through to the 6th of December it will be held at the Jubilee stadium before the River City Volleyball adult league starts at 6pm.

Primary volleyball will start on the 20th of October and run through to the 24th of November, held at the Springvale stadium annexe. We hope to get the same kind of parental support for the league as we did in term 1, the family atmosphere was great!

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

WINNING TEAMS

SENIOR BOYS

1. WHS
2. Cullinane
3. City College

SENIOR B BOYS

1. Cullinane B
2. WHS Social
3. City College 2

JUNIOR

1. WHS Junior A
2. Collegiate 1
3. City College

SENIOR GIRLS

1. WHS Jnr A girls
2. Cullinane
3. WHS Diamondz

SENIOR B GIRLS

1. Collegiate 2
2. Cullinane Social
3. Tupoho Ararau



**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.

Enter here www.sporty.co.nz/nztg



OUR REGIONS

FUNDAMENTAL MOVEMENT SKILLS

This term in the Regions Sport Whanganui initiated the fundamental movement skills programme to all 5 to 6 year olds and what a busy term 3 it has been out and about across the Rangitikei and Ruapehu Districts.

We have been working in 14 Classes delivering Fundamental Movement Skills to Year 0 - year 2 students in the Rangitikei, and 7 classes of fundamental movement skills in the Ruapehu Districts. Working with these students has identified that at such an age, fundamental movement skills are important to learn in order for them to be well established in the later years of primary school which will support their transition into sport or recreation. These skills will also give the students the confidence to do well in what they pursue.



GROWING LEADERS...

This year Sport Whanganui have refreshed their leadership programme for the regions from Physical Activity Leaders to the NEWLY REFRESHED 'Growing Leaders' programme which is a Sport New Zealand Initiative.



In Term 4 across the Rangitikei & Ruapehu Regions Sport Whanganui will be working with potential year 7 students for Growing Leaders

where they will develop a broad range of leadership roles for young people, such as: Team Captain, Prefect, Peer Leader, Coach, Manager, Sports Administrator, Sport and Recreation Official, Outdoor Recreation Leader. The Sport and recreation environment can be a powerful place for participants to learn about leadership for young people to accept leadership roles and the responsibilities involved.

STEADY AS YOU GO...

Exercise classes for older people, mainly for balance & preventing falls.

All welcome – phone Joanne - 3277479. All classes held at The Marton Bowling Club.

Tuesday 3rd Oct, 2017 10:00 AM

Tuesday 3rd Oct, 2017 11:00 AM

Tuesday 10th Oct, 2017 10:00 AM

Tuesday 10th Oct, 2017 11:00 AM



LOCK IT IN!
THE DOWNS GROUP
TOUGH KID®
29 September 2017
 Hosted by South Makirikiri School

REGIONAL SCHOOLS FOOTBALL

WHANGANUI CONTRIBUTING SCHOOLS INTER-SCHOOL FOOTBALL TOURNAMENT

A GRADE RESULTS

First—Whanganui East

Second—St Georges

Third = St Johns/St Annes

Fifth = Tupoho/Gonville

Seventh—Mosston

Eighth— Churton

Ninth—Durie Hill

Tenth—Westmere

Eleventh—St Marys

Twelfth—Castlecliff



Action from the Castlecliff vs Hunterville game in pool 4 of the B Grade



A keenly contested ball by players from Aranui & St Georges in Pool 3 of the B Grade



Wanganui Easts Goal Keeper in classic pose defending his goal vs St Johns Hill

B GRADE RESULTS

Pool 1	Pool 2	Pool 3	Pool 3
1 - Fordell	1 - Westmere	1 - Keith St	1 Hunterville C
2 - Brunswick	2 - Hunterville B	2 - St Annes	2 Tawhero
3 - Hunterville A	3 - Durie Hill Dynos	3 - St Georges	3 - St Marcellin
4 - Keith St	4 - St Marys	4 - Durie Hill Jets	4 - Aranui
5 - Upokogaro	5 - St Annes	5 - Aranui	5 - Castlecliff Carlton
6 - Te Kura o Kokohuia	6 - Churton A	6 - Churton B	



Tawai Pinnock about to give Churton the lead against Westmere



St Georges about to take the lead in their match with St Annes

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:

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



Group Training with West Coast Squash Academy Teaching Pro Rod Bannister, ideal for all wanting a great introduction to the sport of squash.

Registrations: from all keen people wanting to learn more about the game.

Details: How to play, basic rules, serve & return of serve, match play & lots more in a group of similar level players.

Limited spaces available, 4 one-hour sessions, first in first served.

Cost: \$80 for 4 one-hour sessions. If you don't have any rackets they will be supplied FREE of charge.

To reserve your spot book with Rod now at: 027 555 2021 or westcoastsquashacademy@gmail.com



LOTTO SPORT MAKER



Supporting Local Sport Makers



SPORT NEW ZEALAND



<https://www.lottovolunteers.co.nz/>

An advertisement for the Lotto Sport Maker competition. It features a man in a dark t-shirt holding a pink ball, with two children in the foreground. The text 'Volunteers' is at the top, and 'THANK A SPORT MAKER' is in a green box. Below that, it says 'Nominate a sports volunteer to win \$2,000 worth of sports gear and the ultimate team experience at lottovolunteers.co.nz'.