



MITRE 10 MEGA TOUGH KID®



It was a beautiful day on Friday 1st December as just under 2,200 children from 36 local schools descended upon Cooks Gardens to compete in the annual Mitre 10 Mega Tough Kid Challenge.

The crew from Mitre 10 Mega outdid themselves again this year with a massive waterslide to finish the course which was constructed from two 20ft containers on top of each other. This was an amazing way to finish the race as parents, teachers and classmates were able to witness each participant slide their way through the finish line – wet, muddy and smiling!

We really appreciate the time that volunteers provided in helping to man the course and ensure the event ran smoothly on the day. Each year the event keeps getting better and 2018 will be no different. Thanks to local businesses for the assistance they provided with creating obstacles and thanks again to Hayden, Sarah and staff from Mitre 10 Mega for their outstanding support in helping to make this event what it is.

Congratulations to everyone that participated and made it through to the end of the course. Well done and we hope to see you again next year! More pictures from the event can be found on the Sport Whanganui Facebook page and website.



CHRISTMAS HOLIDAY SPORT PROGRAMMES

SAILING - GIVE IT A GO

WHEN: Contact the club to find out which days are available for your age group.

WHO: 10 to 19 year olds.

WHERE: Sailing Club, 70 Gilberd Street (boats provided).

COST: \$60. Registration forms on website: www.sailingwanganui.co.nz

CONTACT: Bob Davies on 021803744 or email: treasurer@sailingwanganui.co.nz.

WESC - LEARN TO SWIM

WHEN: 9th January through to March.

WHERE: Whanganui intermediate School.

COST: TBC.

CONTACT: Toddy Sollit - 0278472769.

To be eligible children must be confident in the main pool and be able to swim 2 lengths of freestyle and breaststroke.

TENNIS AND SQUASH HOLIDAY PROGRAMME

WHEN: 8th to the 19th January.

WHERE: Wanganui Tennis and Squash Club, Bassett Street.

COST: \$37 per day.

CONTACT: Leela on 02102732756 or Rod 0275552021.

WESC CLUB NIGHTS

WHEN: Every Tuesday and Thursday from 5pm up until the 14th of December then starting again on the 9th January.

WHERE: Whanganui intermediate School.

COST: TBC.

CONTACT: Toddy Sollit - 0278472769.

SPLASH CENTRE RECREATIONAL POOL CLOSURE DATES

WHEN: The recreation slide, lazy river, spa pools, steam room and family changing rooms will be closed from the 23rd of December to 21st January.

WHERE: Splash Centre.

CONTACT: Lynn at the Splash Centre on 3490113.

TO FIND OUT WHAT ELSE IS ON THESE HOLIDAYS

VISIT: Whats On Wanganui:
<http://www.whanganuiwhatson.nz/>

Download the Local and Loyal App:

<https://www.facebook.com/localandloyalwhanganui/>

Or contact the YMCA on: Phone: (06) 349 0197 or Email: ymca@ymcacentral.org.nz

To find out more about what's on offer in Whanganui over the summer break.



SUMMER SPORT

Here are some of the many sports options available for primary school students in term one 2018. I'm sure you agree that there is something here for everyone.

Squash

When: Monday 12th February – 9th April from 4-5pm and Wednesday 14th February - 11th April 4-5pm.

Where: Wanganui Squash Club, 3 Bassett Street.

Cost: \$80 with \$10 refund for those that attend all sessions

Contact: Limited spaces so please reserve your place before the 9th February. Playing equipment provided. Contact Rod at 0275552021 (text) / westcoastsquashacademy@gmail.com

Teeball

When: Saturday morning (10 Feb start) - U7's, U9's, U11's (as at 1st Jan 2018) 10 a-side. U 13's = 9 a-side.

Where: Whanganui Softball Association Ball Park.

Cost: Fees \$60 per team (U7's and U9's). \$70 per team (U11's and U13's)

Cricket

When: Saturday mornings.

Who: Yr 5/6 and Yr 7/8 (both 8 a-side).

Where: Springvale Park + other locations.

Cost: \$100 +GST per team (\$115).

Kiwi Cricket

When: Friday evenings.

Who: Yr 3/4, Yr 5/6 (participation and competitive grade both 6-aside)

Where: Victoria Park

Cost: \$85 + GST (\$97.75)

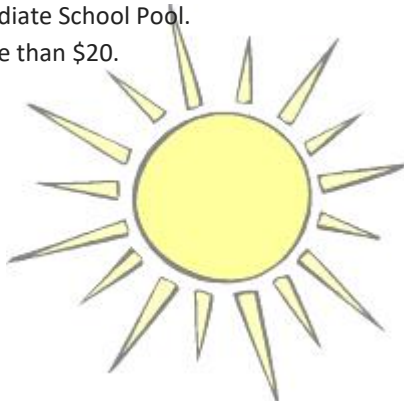
Wanganui East Swimming Club

When: Every Tuesday and Thursday afternoon from 5pm. Finishes on the 14th December and starts again on the 9th January.

Who: Ages 5 +

Where: Whanganui Intermediate School Pool.

Cost: TBC but will be no more than \$20.



Volleyball

When: 3.35pm-5.45pm Yr 3/4, Yr 5/6 (both 4 a-side) starting Friday 16th February and Yr 7/8 (6 a-side) Wednesdays 3:35pm-5:45pm starting Wednesday 14th of February.

Where: Springvale Stadium.

Cost: Social & competitive grades fees: \$50 per team.

Contact: Ross Cronshaw on Ross@Sportwhanganui.co.nz

Futsal

When: Monday afternoons 19 Feb- 9 April – 6 a-side.

Who: 9-12 year olds.

Where: Jubilee Stadium.

Cost: \$55 per player (7 per team) or \$50 per player (8 per team).

Touch Rugby

When: Tuesday afternoons 20 Feb-10 April.

Who: 6 a-side - boys, girls and mixed grades - Yr 1/2, Yr 3/4, Yr 5/6, Yr 7/8.

Where: Springvale Park.

Cost: \$150 per team.

Contact: Pania Miller - pania.miller@wdhb.org.nz

Athletics

When: Starts Monday 12th February - Monday night's 4.30-5.30pm & athletics coaching and teams competition for 9 to 13 year olds (\$10 per person) from 6-7pm.

Who: 6 a-side - boys, girls and mixed grades - Yr 1/2, Yr 3/4, Yr 5/6, Yr 7/8 & athletics coaching and teams competition for 9 to 13 year olds.

Where: Cooks Gardens.

Cost: Monday night's 4.30-5.30pm, learning the fundamentals of Run, Jump, Throw (Cost is age dependent). Athletics Coaching and Teams competition for 9 to 13 year olds (\$10 per person) Please see the Athletics Wanganui Facebook page for more details.

Triathlon

When: Starting Wednesday 7th of February.

Where: Whanganui Softball Association Ball Park.

Contact: Gareth - 0272545030 or email garethw@wcc.school.nz



WEEKLY JUNIOR TENNIS EVENTS

Monday

Private coaching with Leela

Where: Wanganui Tennis Club

Cost: \$20 per half hour & \$40 per hour

Tuesday

Junior match play

Where: Girls College & City College

When: 3.30pm- 4.30pm

Wednesday

Junior club day

Where: Wanganui Tennis Club

Cost: Free to club members, \$2.00 for non-members

When: 3.30pm—4.30pm

Thursday

Junior match play

Where: Wanganui Intermediate/Wanganui Tennis Club

Cost: \$30 for 6 sessions or \$7 per session

Friday

Junior match play ages 10-14

Where: Wanganui Tennis Club & Wanganui Collegiate School

Saturday

Junior match play all juniors welcome

Where: Wanganui Tennis Club

Cost: Free to club members, \$2.00 for non-members

Sunday

Private coaching with Leela

Where: Wanganui Tennis Club

Cost: \$30 for 6 sessions or \$7 per session

FESTIVE SEASON SURVIVAL TIPS



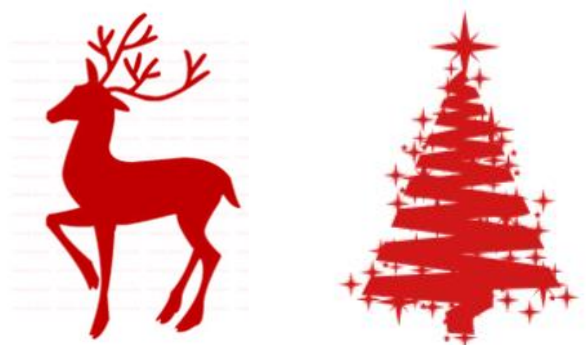
Christmas is a time for celebration, spending time with friends and family and enjoying festive foods and drinks. Nutrition-wise, this festive fare can be a challenge.

Here are some simple tips to help you survive the festivities:

Don't try to lose weight over the festive season. With parties, families and all the special foods that go with Christmas, it's going to be just about impossible! Your main aim should be to maintain your weight (using some of the tips below!)

- ⇒ Eat regular meals. If you skip meals you are more likely to fill up on high fat snacks. It only takes a few of these snacks to add up to more calories than your usual meal. Deep fried foods, crumbed and battered foods, cheese platter and nuts are all high in fat. Choose fruit, vegetable or bread based snacks.
- ⇒ If you are hosting the party, offer your guests a range of healthy snacks. Always popular are hummus or salsa dips with vegetable sticks.
- ⇒ If you are taking a plate, make yours a healthy option. How about a platter of fruit currently in season?
- ⇒ Consider your drinks, they can add to the calorie count very quickly. Try diluting your alcoholic drinks, such as a spritzer (½ wine, ½ soda). If you prefer spirits, try a diet mixer. Light beers are lower in calories and alcohol. Remember soft drinks, juices, punches, tonic water and flavoured mineral water can all have similar calories to alcoholic drinks. Be aware of how much you are actually drinking. Alternate alcoholic drinks with glasses of water and non-alcoholic choices.
- ⇒ If your regular exercise class stops over the Christmas break, plan other types of exercise - organise your friends and put a date in your diary.

If you do really overdo the festive foods or drinks, take a deep breath and start the next day afresh with healthy foods and some exercise. No fasting - just sensible eating. Remember, a few parties don't make you overweight, it's what you do all the other days of the year which count.



RIDE LEADER PROGRAMME

On the 28th October Cycling New Zealand (CNZ) ran a Ride Leader Programme here in Whanganui. Ride Leader is funded through NZTA and works in partnership with Sports Trusts, Councils, community cycling groups, bike shops and cycling clubs and is receiving fantastic reviews and interest nationwide.

The programme caters for people who ride in groups for recreation or take others cycling for fitness, sport, health, or fun. It aims to prepare cycling enthusiasts to create safe, fun recreational rides locally and across the region.

Thank you to everyone who came along for the day. We are looking forward to hosting another session for new ride leaders in the New Year. If you are interested in being part of this then please contact: Jodie@sportwhanganui.co.nz or phone Sport Whanganui on 06 349 2324.



WHANGANUI EVENTS CALENDAR

Whanganui What's On!

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.

ALITHERMA WINDOW SYSTEMS
jetsprint™
NEW ZEALAND CHAMPIONSHIP

SHELTER VIEW JETSPRINT PARK, WANGANUI
WEDNESDAY 27 DECEMBER 2017

USA, ALITHERMA WINDOW SYSTEMS, Mouth FRESH, FOWLER HOMES, eventfinda

Purchase tickets at eventfinda.co.nz

WHAT'S HAPPENING IN THE REGIONS

What an amazing 2017 it has been in the Rangitikei, Ruapehu and Taumarunui Regions. We have been very busy being involved in events, school programmes, club initiatives, council initiatives and community building on capability and sustainability. WOW WEE where has the time gone? 2018 is just around the corner and again there is plenty installed for the regions. Keep an eye out for local events happening around your districts to keep you all motivated and to recreate, compete or support events. Schools will be back early February and we are excited to grow student and teacher education and physical activity in primary schools and early childcare centres. We will continue to work with local clubs to build on their future growth and club development for all volunteers. But most of all Sport Whanganui will endeavour to encourage an active community participating in sport and recreation and to lead collaboration to promote physical activity. We look forward to working with our communities in what will be another busy year in 2018.



CONGRATULATIONS TO THE FASTEST KID ON THE BLOCK REPRESENTATIVES AND GOOD LUCK!

The Southern Rangitikei Representatives will be:

Isayah Glaiser, Charlotte True, Kyan Peacock, Ella Samuel Hainsworth, Lachlan Hodge and Amohera Richards.

The Taihape Representatives will be:

Jayden Thompson, Hamish Coogan, Danielle Deighton, Tyler Smith, Taira Wharearere and Brooklyn Bowsher Dehar.

The Wanganui East Representatives will be:

Kellei Johnston, Kailahi Blake, Nevaeh Blake, Season Beamsley and Heike Reitsma.

The Aramoho Representatives will be:

Teegan Lowe, Te Ari Paranihi, Ethan Linklater, Charlotte Baker and Donovan James.

The Western Representatives will be:

Marks Resitsme, Kate McPherson, Matthias Paa, Kyah Hawley and Nathaniel Kirk.

The Springvale Representatives will be:

Orla Barlow, Jesse Smith, Macee Huwyler, Quinn Campbell, Zoe Chapman and Alarreau Manu.

The Castlecliff Representatives will be:

Jaylin Walters, Cartel Potaka, Carrie Rennie, Matia Waganiveitagavi and Josh Brunger.

The Taumarunui Representatives will be:

Rikki Marshall, Toby Collier, Libby Street, Bradley Tocker, Tia Marshall and Martino Neil.



Y.E.S.S – YOUTH EMPOWERING SPORT SQUAD (WSS STUDENT SPORTS COUNCIL)



Y.E.S.S (Youth Empowering Sports Squad) is the WSS Student Sports Council that was created to form a platform for student voice to be heard relating to Secondary School sport across the Whanganui region.

Sport Whanganui's Clare Lynch is the driver behind the creation of the group and is very happy with the progress this 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 - this being a major focus for the student council", said Clare.

The Council was formed at the beginning of 2017 and the students have been busy this year with many tasks relating to secondary school sport. The final task of the year was to create a four year plan for the council. The students came up with the strategic goals and outcomes they would like to see met for the next four years and actions for the new council to complete next year – a wonderful achievement! The main focus within the plan is to increase sport participation using inter-house competition as the driver initially (2018) and ensure that the students have a quality experience in their chosen sport or activity.

Y.E.S.S 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 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.

We are looking forward to meeting the new student council members early next year with the addition of some junior members also.

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.



Photo:

Back L-R: Ryan Gray (WHS), Gabriel McGregor (CULL), Bradley Sanson (WCS).

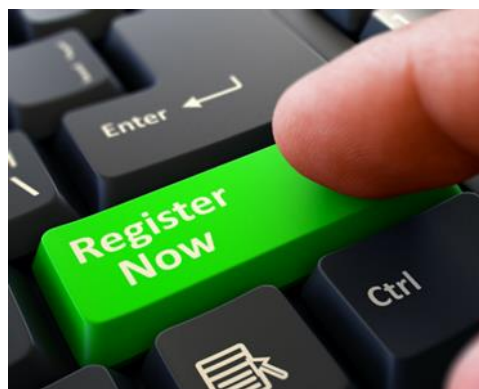
Front L-R: Donna Martin (WCC), Toni-Marie Pukutohe (WCC), Talitua Leo (CULL), Tayla Flight (WGC), Lexi Maples (WCS), Emma Rainey (WHS), Annamieka Stuart (WGC). Absent: Ariana Joseph and Te Amorangi Karaitiana (Te Kura Kaupapa o Tupoho).

LOCAL AND LOYAL APP

Registration is 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>



OLD SCHOOL IS COOL

SUMMER HOLIDAY PROGRAMME

8TH JANUARY - 19TH JANUARY

WHANGANUI TENNIS & SQUASH CLUB, BASSETT STREET
DROP OFF 8:30 A.M. - PICK UP 4 P.M

ONLY \$37.50 PER DAY
PLACES ARE LIMITED
SO BE IN QUICK



HOPSCOTCH
JUMP ROPE
EGG & SPOON RACES
SACK RACES
TAG BULL RUSH
PATTER TENNIS
3 LEGGED RACES
MINI OLYMPICS
4 SQUARE
TUG OF WAR
MARBLES
DODGEBALL
HIDE & SEEK
RAINY DAY ACTIVITIES
& MUCH MORE.....

FOR MORE INFO OR TO
REGISTER CONTACT:
ROD BANNISTER: 027 555 2021
LEELA BEATTIE: 021 02732756

THE HITS 89.6 WHANGANUI SECONDARY SCHOOLS SPORTS AWARDS 2017



The Hits Whanganui Secondary Schools Sports Awards was another impressive occasion at Cullinane College on Wednesday 1st November.

Sport Whanganui were delighted to have The Hits on board as the event partner this year and thank them for their support.

It was a fantastic evening and great opportunity to recognise and celebrate our region's young people as athletes, coaches and volunteers among the many parents, whanau, teachers, coaches, peers and various other support people.

There were 90 nominations and all categories were stacked with quality nominations making the judges job no easy task.

Congratulations to all nominees and winners – it has been a very successful sporting year.

AWARD WINNERS

WSS Junior Sportsman of the Year

Keightley Watson – WHS – Judo

WSS Junior Sportswoman of the Year

Erika Elers – TAS – Karate

The Hits WSS Senior Sportsman of the Year

Jaqiya2K Kora – WCC – Netball

The Hits WSS Senior Sportswoman of the Year

Emma Rainey – WHS – Hockey

WSS Junior Team of the Year

WCS Junior Girls Relay Team – WCS – Athletics

WSS Senior Team of the Year

WHS Mixed Touch Team

WSS Official of the Year

Charlie Brown – WHS – Football

WSS Coach of the Year

Zeal Hanna – WCS - Rowing

WSS Recognition of Achievement

Jasmine Anthony – WGC – Sport Stacking

WSS Contribution to Sport Recognition

Dakota Barry - WGC

Alexandria Maples - WCS

Bradley Sanson - WCS

Katarina Rawiri - CULL

Charlie Brown - WHS

Kaveh Savaei-Torogh - WHS

Logan Hughes - WHS

Ryan Gray - WHS

Travis Bayler - WHS

Emma Rainey - WHS

WSS Recognition of Team Performance in Local Competition

WHS Senior Boys Basketball Team

WHS Junior Boys Basketball Team

WHS U15 Gold Rugby Team

WHS Jnr Girls Basketball Team

WCS Junior Girls Hockey Team

WCS Boys Colts Hockey Team

WHS Jnr A2 Netball Team

WGC Snr A1 Netball Team

WSS Recognition of Individual Performance in Local Competition

Jonte Wright – WCS - Swimming



Kayla Whitelock - Guest Speaker for evening
(NZ Black Stick player)

THE HITS 89.6 WHANGANUI SECONDARY SCHOOLS SPORTS AWARDS 2017



WSS Coach of the Year – Zeal Hanna (WCS)



WSS Junior Sportswoman of the Year – Erika Elers (TAS) - Karate



WSS Senior Sportsman of the Year - Jaqiya2K Kora (WCC) – Netball



WSS Senior Sportswoman of the Year – Emma Rainey (WHS) – Hockey

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 just starting out
- 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 see or 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 for more information.

WHANGANUI COMMUNITY WORKSHOPS

<p>GOAL SETTING FOR ATHLETES & COACHES COMMUNITY WORKSHOP</p>  <p>MONDAY 8 MAY 6.00 – 7.30PM SPORT WHANGANUI RESOURCE ROOM FREE</p>	<p>GRASSROOTS COACHING WORKSHOP FOR BEGINNER COACHES JUST STARTING OUT</p>  <p>MONDAY 15 MAY 6.00 – 7.30PM SPORT WHANGANUI RESOURCE ROOM NO COST</p>	<p>SPORTS STRAPPING WORKSHOP MONDAY 22 MAY 2017 6.00 – 7.30PM WITH TERRY ARBUCKLE - THERAPEUTIC MASSAGE CLINIC</p>  <p>Sport Whanganui Resource Room \$20 per person</p>
<p>BASIC FOOD NUTRITION FOR YOUNG SPORTS PEOPLE With Melissa Nicolson - Physiotherapist</p>  <p>FRIDAY 26 MAY 5.00 – 7.30PM SCHOOL VENUE TBC NO COST</p> <p>To register, contact: Clare Lynch at Sport Whanganui on 06 349 2881, 027 370 7226 or clare@sportwhanganui.co.nz</p> 	<p>BASIC FIRST AID WORKSHOP</p>  <p>WEDNESDAY 31 MAY 6.00 – 7.30PM SPORT WHANGANUI RESOURCE ROOM NO COST</p> <p><small>PLEASE BOOK IN ADVANCE. This workshop will not give you an endorsement from NZ Red Cross.</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



Tennis in Schools



Term One 2018



Want your school to learn tennis from a top
NZ tennis player \$1 per child?
Don't miss this chance.
Book now!



-
- Four week course
 - Mini tournaments
 - Games
 - Prizes
 - Learn forehand, backhands
and how to rally.



Contact Leela Beattie (Head
Coach and Development Officer)
now to book:



leela.bea@gmail.com



TERM 4 PRIMARY SCHOOLS SPORT EVENTS



Jodie Brunger and Georgia Black present the place getter certificates at the Castlecliff round of "Fastest Kid on the Block"!



Dinelle Sawnders works with a group of junior syndicate students from the Eastern Cluster on some jumping games at their annual Cluster Athletics meeting.



The Year 5/6 girls race at the Castlecliff round of "Fastest Kid on the Block" was won by Carrie Rennie, just ahead of her twin sister Theresa in second!



Long serving Teacher-aide, Tex Von Kwiatowski, saw that everyone had a good crack at the long jump at Churton School's Athletics day at Cooks Gardens in mid-November.



Sport Whanganui ran a Sunday morning Run, Jump, Throw Coach Development session on Sunday 29th October at which 10 aspiring junior coaches underwent training in the finer points of Athletics for primary school students.



Churton Teacher, Georgia Flower keeps a watchful eye on the flight of a Quiot throw from one of her junior students at the Churton School Athletics meet.



MIDWEEK LEAGUE VOLLEYBALL



Primary Schools

Overall, there were 9 junior (year 3 & 4) and 17 senior (year 5 & 6) teams who competed in our Midweek League competition this term. This was a great turn out from our local schools, a special mention to Te Wainui a Rua school, who travelled for more than an hour to be involved in the competition. Sport Whanganui would like to thank all the teachers, coordinators and volunteers for all your hard work and the commitment you put in to getting the teams there on the day!

The competition ran for 6 weeks in the Springvale Stadium Annexe on Friday afternoons. The finals for juniors were between Keith Street School and Upokongaro Blue and in a very close game, Upokongaro Blue came away with the result.

Upokongaro were again in the senior final, matching up against Aranui 2, with Aranui 2 coming away with the victory. A special mention to Carlton Attackers, who made the senior final but couldn't be there on the day.

Primary volleyball will start up again in term 1, 2018. We hope to see all the schools back and ready to play again in the new year!



Intermediate and secondary school Midweek Volleyball

With the seniors being busy with exams in the 4th term, it left the intermediate and junior secondary school volleyball teams to work. We had 11 intermediate teams and 9 secondary school teams involved in the league.

We've had an influx of new schools being involved this term, with St. Anne's, Kaitoke and Fordell in the intermediate grade and Wasps Volleyball Club joining the secondary school grade.

The intermediate competitive finals came down to Upokongaro and WIS, with WIS taking the win. WIS also won the social grade against St. Mary's. In the secondary grade Cullinane junior girls won against City College junior girls and Wasps Stingers won against WCC Boys 1.

The intermediate and SS competition is held at Jubilee stadium on Wednesday afternoons, from 3.45 to 6pm, followed by the River City Volleyball senior competition.



EVERARD BARTLETT SHOOTING CLINIC



On the 10th of November, we had Everard Bartlett come to Whanganui and run a basketball shooting clinic. There were 16 local kids involved in the clinic, with a number of coaches coming down to watch.

Everard has been a NZ Breaker, Perth Wildcat and NZ Tall Black. He currently plays for the NZ 3x3 team and the Hawkes bay Hawks. He is running clinics through the central north island region and has run clinics in Japan and Australia and is currently based in Napier.

The clinic ran for two and a half hours at the Springvale stadium, the kids had a great time learning from one of the best and look forward to putting their new skills into practice! We are looking to get him back for future clinics and we are happy that he is interested in working in Whanganui.



WHANGANUI SPORTS AWARDS

The Ray White Whanganui Sports Awards were held on the 17th of November at the War Memorial Centre celebrating the regions sporting successes. Sport Whanganui would like to again thank the sponsors of the event, the Board, nominees and nominators who all contribute to the success of such a fantastic event. We would also like to thank our MC for the evening Marty Lindsay and guest speaker of the evening, Matthew Cooper. Matthew is an ex All Black and the current CEO of Sport Waikato, he delivered a great speech, capturing the audience with highlights of his time as a professional rugby player and some inspiring motivation for the up and coming athletes in the room. Overall, it was again another great evening recognising our athletes, volunteers and coaches who put so much into the Ruapehu, Rangitikei and Whanganui regions. Congratulations to all nominees and winners and a big thanks to everyone who came along on the evening.



NZCT National Senior Sportsperson of the Year

Luke Watts – Rowing

Stirling Sports National Junior Sportsperson of the Year

Liam Back – Athletics

Stihl Shop Wanganui Club of the Year

Marton Rugby Club

Mars Petcare Coach of the Year

Brian Scott - Kayak

Treadwell Gordon Junior Team of the Year

Whanganui High School Mixed Touch Team

Ali Arc Senior Team of the Year

2016 Steelform Wanganui Rugby Team

David Jones Motors Masters Award

Krystine Davies- Inline Speed Skating

Rivercity Gas Disabled Sportsperson Recognition

Grant McCullough – Indoor Bowls & Bocce

Jacob Spooner - Wheelchair Rugby

NZME Services to Sport Recognition

Mark Green (Boofy) - Rugby

Trevor Fowler – Water Skiing

Paul Maguire – Football

Kate Osborne – Netball

Frances Bayler - Hockey

Velo Ronny's Bicycle Store International Junior Sportsperson of the Year

Erika Elers - Karate

Mitre 10 MEGA International Senior Sportsperson of the Year

(Tied Winners) Chris Harris & Kerri Gowler - Rowing

Ray White Wanganui Supreme Award

(Tied Winners) Chris Harris & Kerri Gowler - Rowing

Whanganui Sports Hall of Fame Inductees

Peter Henderson – Rugby

Alan Lints (SNR) Hockey

Alan Lints (JNR) Hockey

Tupoho Scholarship Recipients

Shamara Brooks Rugby/Touch

Benet Kumeroa Weightlifting

Jesse Malcolm Boxing

Tonianne Robinson Waka Ama

Sport Whanganui Roll of Honour Inductees (25+ year's volunteer service to sport)

Grant Clark – Softball/Golf

Trevor Strong – Football

Peter Follows – Golf

Pat Follows – Golf

Felix Bell – Netball

Janice Vipond – Harriers

Naomi Wilson - Hockey



3X3 BASKETBALL LEAGUE



The 3x3 basketball league has been running during the 4th term on Saturday afternoons at the Whanganui High school gym. There were 10 teams involved in the senior competition from most local secondary schools, a team from Active Careers and a team made up of international students.

A new development this term has been an intermediate league that has 4 teams competing in it. The league has year 5, 6, 7 & 8 students involved and has been a very successful and competitive competition for the players involved.

Part of the purpose of the league is for local teams to build up for the BBNZ 3x3 nationals held in Tauranga from the 21st to the 23rd of March.

The league will start up again in term 1, 2018. Each game is 10 minutes long and each team plays two games every Saturday. If you are wanting more information, you can contact Ross at Sport Whanganui on 0226412043 or ross@sportwhanganui.co.nz. The league is free to enter.

Senior grade placings: 1st- XXL Cypher (Collegiate), 2nd- Kaea's team (WHS), 3rd – Tayla's team (WHS)

Middle grade placings: 1st – Mans Not Hot (WHS), 2nd – The Kingz (City/WHS), 3rd – Big Ballers (WHS)

Junior grade placings: 1st – MnM (Faith City/ St. Mary's), 2nd – Triple X (WIS), 3rd – F.O.M. Prodigy (Aranui/ Faith City)



GOOD SPORTS SPINE

Good Sports aims to create positive sporting experiences for Kiwi kids by supporting and educating the key adult influencers in children's sport: parents, coaches, teachers and sport administrators.

Both practitioners and researchers supporting Good Sports agree that issues in children's sport, such as poor side-line behaviour, early onset of overuse injury, burnout and disaffection with sport, stem from adult involvement in children's sport and can ultimately hinder success on and off the field. To address these issues and give Kiwi kids the greatest chance of developing a lifelong love of sport, just as you may do, Good Sports believes we need to raise adults' awareness about their behaviours in children's sport, and if necessary promote a positive shift in that behaviour.

Whether you want to help your child be the next Richie McCaw or Lisa Carrington, or you view sport as a vehicle to help children to be active, healthy and learn life skills; critical in the success of these things happening, is the quality of support that adults provide children in sport.

What does quality support for children in sport look like?

Active have developed a tool to help adults understand and reflect on how they impact children in sport. This tool is called the Good Sports Spine. Have a look and see if you fall under the Climate of Development or Climate of Performance.

GOOD SPORTS SPINE

The Good Sports Spine is a tool to help parents, coaches, teachers and sport administrators understand how they impact children's sport experiences. The two different 'climates' should be seen as opposite ends of a continuum. To support children to have positive sporting experiences, adults should aim to always fall under the Climate of Development.



GREEN PRESCRIPTION PROGRAMME (GRX)

As we approach the summer months, we hope you have a well-deserved break and plan making the most of the regions fabulous recreational facilities and outdoor walkways. What a fabulous year we have had seeing clients make amazing changes to their daily lives to help live healthier. A huge thumbs up to everyone for achieving their goals to lose weight, sleep better, breathe better, feel better.

Sport Whanganui Green Prescription (GRx) team is looking forward to the new year and working with our partners and community based programmes to support our clients.

Our referral focus involves the following initiatives: Maternal, Pre-School Families, Active Families, Active Teens and GRX adult - aiming to continue offering quality service to our clients into leading and maintaining healthy lifestyles.

Improving health requires a change and to encourage change we rely on our motivation. Through regular contact with our clients, Green Prescription Whanganui has helped members of our community to understand their own individual reasons for change and how to achieve them. A goal is a dream with a deadline. When you have tapped into your motivation set a goal and set in motion the activities you need to do to achieve your goal. You don't have to go fast – you just have to go. What's your goal for the new year?



Clients enjoying gym fitness



Track and Field day Cooks Gardens with Active Families



Clients enjoying some pool exercise

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Iwi Beach

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summer treats

Swimming and Air
Track slip n slide

Improve your
Gymnastic skills

8TH JAN – 26TH JAN
TROPICANA
HOLIDAY
PROGRAMME



Programme Timetable

Join us for fun-filled tropical themed activities, these Summer Holidays! Drop off is from 8-15-9am and pick up between 3.30-5.30pm. \$40 per day with

WINZ subsidies available and OSCAR approved. Give us a call or pop in to pick up an enrollment form.

**WANGANUI BOYS AND
GIRLS GYM CLUB**

GF Moore Drive, Springvale,
Wanganui

(06) 345 8670

admin@wanganuigymclub.co.nz



**The team at Sport Whanganui
wishes everyone a very Merry
Christmas and a happy and safe
New Year.**

**Our offices will be closed from 12
noon Friday 22nd December and
will reopen Monday 15th January
2018.**

