

activation

Kia Ora.

Welcome to our Upper Hutt Sports Clubs' monthly newsletter. This is a space where the latest resources from the sport and recreation sector are shared, this includes funding opportunities, research, and working group information. The newsletter will be distributed to key contacts within the sector, please share this with your committee and club members.

Ehara tāku toa i te toa takitahi, engari he toa takitini - My strength is not as an individual, but as a collective.

Ngā manaakitanga.

Teresa Shailer - Recreation Advisor Clubs and Schools
Activation, Upper Hutt City Council

Sports Banks



Sport poverty is a growing issue within our communities with three main barriers to sport participation; subs/fees, equipment costs, and transport.

The aim of the Community Sports Bank Project is to reduce/eliminate the cost of equipment for those in need and increase sport participation. With the summer sport season ending, I ask you to have a look through your clubs, to see if there is any gear that is in good condition that you may look at upgrading or replacing, and instead of throwing it away donate that to the Sports Banks to allow the community to participate in physical activity.

There are a few options to recycle equipment, you can drop it off to Orongomai Marae, or contact myself or the Community Development Lead for Active Recreation & Youth Development, Jazz Scott. If your club has bulk gear to donate we can help redistribute this to the Upper Hutt community.

For more information on Community Sport Banks, visit the [Community Sports Banks Facebook page](#).

Sport NZ - What do coaches need to know?

In the following webinar, Sport NZ is joined by internationally - acclaimed coaching consultant and sport scientist, Dr Wade Gilbert, for a practical and enlightening discussion on what coaches should be doing before and at the start of every season to make them the best yet.

What will you learn?

- What does good coaching look like? Re-examine your role as a coach and what impact you create.
- Winning the 4 C's. Learn about Wades four principles to be an effective coach.
- Practical tips, strategies, and resources for coaches to take into planning and the start of their sport season.

The webinar is available on the Balance is Better website, and can be viewed [here](#)



Funding

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ACTIVE RECREATION

Sporting Chance & Arts Participation Funds

Sporting Chance and the Arts Participation Fund are two funds set up by Upper Hutt City Council, which aim to assist young people aged 5-18 years old, where financial hardship, as a result of COVID-19, is a barrier to participation in sports and physical activity and/or in art and culture.

An easy online application, where applicants can receive up to \$500 towards participating in their chosen sport.

The applications can be found on the [website](#).

Resources



The Future of Integrity in Sport and Recreation

The objective of the Integrity Transition Programme is to develop a national code of integrity for the sport and recreation sector. Through establishing an Integrity Sport and Recreation Commission, the proposed new integrity entity, the goal is to deliver a safer and fairer sport and recreation experience for all through this strengthened integrity system.

This work will include consultation and engagement with the sector and stakeholders, in a way that upholds te Tiriti o Waitangi and its principles. According to the Integrity Transition Programme, public consultation on the development of the Code of Integrity for Sport and Recreation will begin in about May this year.

For more information, you can view the webinar [here](#)

Future of Rangatahi Sport in NZ Research

There have been changes in recent years allowing more choices for general school uniforms, however, it seems this flexibility has not yet transferred to sports uniforms.

- Rangatahi acknowledge that uniforms can play an important role in distinguishing the teams, however, they feel there should be more choice in what they can play in.
- Having one uniform style can cause some rangatahi to feel uncomfortable, which can distract them from putting their all into the game, e.g. short skirts that don't cater to all body types.
- Not only can the styles be physically uncomfortable, but they can fear judgement from other teammates or supporters on the sidelines about their appearance.

- For young girls, it is hard to ignore when observing how boys' teams and uniforms are typically more relaxed with a baggy fit, in comparison to their tighter, shorter styles.

There are also practical requirements that are impacting on rangatahi participation. You might not be able to change many, or any of these immediately, but they're good to know about and to keep in mind as your sport evolves in the future.

You can read the full article [here](#), which includes some perspectives from the rangitahi that were interviewed.

Club Support - "whats on"

Continuing on with club support, Activation are working on updating our website to include a "whats on" segment that will be linked to the Upper Hutt Council website. This information will also be included in the weekly pinned post on the Activation Facebook page. This will allow the community to find information on what is happening in the club community spaces.

Also if your club has a venue that you are able to hire out which can help build revenue, can you please contact me and we can chat about how we promote this to the Upper Hutt Community.

Email teresa.shailer@uhcc.govt.nz

Final Words

2023 continues to speed by, winter codes have started their 2023 winter season, and the junior season starts very soon too. There are still some members in the community reaching out to play sports. I am directing them to our website, if your details do not match what we have on the sports directory page, please let me know and I can update

them, so the community have current information.

Teresa Shailer

Rec Advisor – Clubs and Schools



Te Kaunihera o Te Awa Kairangi ki Uta | Upper Hutt City Council

Hapai Service Centre 879-881 Fergusson Drive Upper Hutt 5140, New Zealand

Tau Waea: 04 527 2113 | **Waea Pūkoro:** 0212782134 | **Īmēra:** teresa.shailer@uhcc.govt.nz

Pae Tukutuku: www.activation.org.nz | **Pukamata:** www.facebook.com/ActivationUH

Āta whakaarohia a Papatūānuku i mua i tō tānga i tēnei Īmēra



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activation@uhcc.govt.nz

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