

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 your school/club community.

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

Future of Sport For Rangitahi in NZ Research report

Over the next few issues of the monthly newsletter I will be providing some feedback from the Future of Sport for Rangitahi in NZ. This research was conducted in 2022, and was recently released to the public.

This month the focus is based around what lapsed rangatahi want to feel is:

- FUN
- CONNECTION
- PROGRESSION
- FLEXIBILITY

Sport becomes the vehicle to experience fun, connection and growth.

Rangatahi report that the first get involved in sport because its about fun, and

hanging out with friends/team mates, there is little expectation to achieve or win when they first participate. The survey shows that 35% of rangatahi associate "fun" with sport in general, with the rangatahi that no longer participate, they still associate "fun" with most of their sporting experiences.

To read the full report click [here](#)

FUN	CONNECTION	PROGRESSION	& FLEXIBILITY
<ul style="list-style-type: none">• The pressure to perform for rangatahi increases as they get older.• They want to enjoy themselves, hang out with their team mates and emulate their sporting heroes.• They want supportive encouragement from adults on the side-lines.• 35% of rangatahi associate 'fun' with sport in general.	<ul style="list-style-type: none">• Spending time with friends, meeting new people, connecting with their whānau.• 35% of rangatahi associate 'teamwork' with sport in general. Other key associations are 'friendships' (24%) and 'socialising' (20%).	<ul style="list-style-type: none">• Rangatahi want to feel a sense of accomplishment. This involves improving their skills, getting fitter, celebrating personal progress, and receiving acknowledgement from their coach.• While the team is important, this element is about the individual! And differs from rangatahi-to-rangatahi.	<p>Some key ideas from rangatahi include:</p> <ul style="list-style-type: none">• Shorter games.• Allowing greater flexibility for participation in games / training.• Providing equipment at games (so rangatahi don't need to buy / carry this)• More social leagues.

Club Health Check



Nuku Ora has recently introduced a Club Health Check, often referred to as a Club WOF, in collaboration with Aktive in Auckland. The purpose of this health check is to assess the current state of your sporting organisation across the following categories:

- Leadership and governance
- Business operations
- Facilities and venues
- Relationships and stakeholders
- People

Nuku Ora are currently sharing a JotForm link for those who may be interested in conducting a thorough examination of their sporting organisation.

To find out more check out the [link](#)

Whaneke o te Koopara



Women in sport Aotearoa have just opened applications for waahine aged 18-24 who are passionate about the role physical activity can play in supporting wellbeing.

Whanake o te Kōpara is a leadership development programme established for young women aged 18 to 25. Built upon the foundations of co-design and social learning spaces, it aims to amplify the strengths of the individual, enabling them to uplift themselves, their community and the sector that surrounds them.

If you have any members of your club, or know anyone that you feel would benefit from this then please pass it onto them and get them to apply.

Applications close December 6th 2023

For more details, check out the [link](#)

Putting the Participant First



Data analysed by Capital Football showed that many people playing football in the Wellington region were dropping out of the sport in their late teens. At the same time, New Zealand Football and Sport New Zealand's Voice of the Participant Survey outlined some valuable insights around what young footballers enjoyed the most when playing the sport – and what made them consider stopping.

When it came to barriers to participation, one of the clear recurring themes in the survey was the desire for more flexibility and not having to commit to a

whole season. This inspired Capital Football to launch its first ever Under-19 Social Sevens festival during the winter football season.

We wanted to develop an event that was more on the players' terms and less traditional in format," says Connol Modd, Federation Development Officer – Community Lead at Capital Football.

To find out what their festival looked like and to see if this is something that your club could run to help maintain participation in your sport check out the article by [Balance is better](#).

Karapoti Classic



Established in 1986 this is the Southern Hemispheres longest running mountain bike event and it is held in our own backyard! The Karapoti Classic takes place in Upper Hutt's Akatarawa Ranges, one of the remotest and most historic areas of wider Wellington.

This old-school adventure ride combines a huge but achievable challenge with superb scenery and an awesome social scene. With options ranging from the feature 50k Classic to the 20k Challenge and the Kids' 5k Klassic, there's something for everyone.

The event is hosted on Saturday March 2nd

Entries close late February 2024

Check out the [website](#) for more details

Sporting Chance & Arts Participation Fund



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.

Check out the [website](#) to see if you or your whanau are eligible to apply.

Maidstone Hub



Upper Hutt City Council announced that Maidstone Community Sports Hub will be renamed Te Kupenga ō Rongomai.

The new name has been gifted by Te Āti Awa and makes a connection between Te Kupenga (a fishing net) and the Hub's outreach to the community, fostering unity and collaboration.

The naming process involved Councils Kaitakawaenga Māori, Te Kahu Rolleston, Consulting with Te Āti Awa and Ōrongomai Marae. Ngāti Toa endorsed the names recommended by Te Atiawa, supporting both Te Kupenga

ō Rongomai for the Maidstone Park Community Sports Hub building and Te Aka o te Kupenga for the Trust.

Cindy Robinson, the newly appointed General Manager of Te Kupenga ō Rongomai, has been actively engaging with foundation tenants, fostering relationship agreements, and collaborating with a number of community groups. She said the new name perfectly encapsulates the Hub's mission.

“The Hub aims to create a space where members of the community gather to play together, so the new name is very fitting.”

For more information on the project click [here](#)

Upper Hutt Santa Parade



The Santa Parade is back for 2023 and it's even sweeter!

Upper Hutt will be transformed into a world of candy canes and gingerbread houses as 'Candyland Christmas' themed floats parade down the Main Street. Starting at Main Street at King Street and running down to Royal Street, watch over 20 floats from across the community embrace the Christmas spirit!

Bring your whanau and friends down to check out the parade this Sunday 3rd December 3pm - 4pm

All Star Of The Week Certificates



Upper Hutt City Council, Kapiti Coast, Porirua, and Hutt City Councils support the All Star of the Week certificates. The certificates entitle the child to a free pool entry at any of the corresponding council pools. Upper Hutt City Council are utilising Fulton Pool whilst H2O Xtream is undergoing a major upgrade.

If you would like some certificates to hand out to the tamariki during their sporting season please contact [Teresa](#) to order them.

Teresa Shailer

Rec Advisor - Clubs and Schools

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



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