



## Hello and Welcome...

### ... to the first edition of the Activate Newsletter!

The newsletter will hopefully be a great source of information for your sport, recreation and leisure needs in the Upper Hutt community. If your club/group has an event coming up or you just want to get your information out there please feel free to contact me.

Activation has just completed its third year in Upper Hutt and through this period we have built some strong relationships with local sports clubs, schools and other community groups.

Working with the groups we have a better understanding of the local needs and from this we can establish where Activation can provide help and support. We also put an emphasis on young people staying in sport or being involved with sport.

I am here to help you with your club's needs from your committee to the playing field and events to programmes.



**Dave Workman | CLUBS ACTIVATOR**

Tel: 04 527 2169 | Cell: 027 213 7572  
Email: dave.workman@uhcc.govt.nz

## A Word from Our Schools Activator!

Rock on the fourth year of Activation working alongside schools! Across the board, the level of opportunities for young people to participate in physical activity has been greatly increased over the last three years.

Our focus over the next year will be looking at specific areas to target and offer support and projects to make the greatest positive change we can for our community.

If you have any questions relating young people, schools and physical activity, or want information about what is out there, please contact me and ask!



**Mike Mercer | SCHOOLS ACTIVATOR**

Tel: 04 527 2169  
Cell: 027 213 7583  
Email: mike.mercer@uhcc.govt.nz

## Upper Hutt Sports Awards, 9 May 2010

This annual event will once again be held at the Upper Hutt Cossie Club and celebrate Upper Hutt sport and the achievements of our sports people.

### Categories usually include:

Sportsman and Sportswoman of the year, team of the year, official of the year amongst many others.



Last year's overall winner was rugby league player Sika Manu of the Melbourne Storm (pictured left)

Nominations Close on 26 March and nomination forms and full de-

# Lively Parks

**Mondays**   **Tuesdays**   **FREE!**

**Kid's Dance**   **Gymsports for Kids**  
**Bowls for all**   **Petanque for all**  
**Pilates for all**   **Pilates for all**

**Wednesdays**   **Thursdays**

**Croquet for all**   **Family Circuits**  
**Yoga for all**   **Push Play in the Park**  
**Self defence**

**Fridays**   **Sundays**

**Qi Gong for all**   **BMX racing for all**

**Runs until 15 March 2010**

[www.activation.org.nz](http://www.activation.org.nz)  
email: [activation@uhcc.govt.nz](mailto:activation@uhcc.govt.nz)



## Does your club need help?

Do you need assistance running meetings, writing your plan, finding funding for the future, linking with other clubs, finding meeting space, membership drives???

We would like to help your club or group with these or any other problems you might be having.

Please call Dave Workman on 04 527 2169 to talk or email [dave.workman@uhcc.govt.nz](mailto:dave.workman@uhcc.govt.nz)

## Keep Active in Everything You Do!

Upper Hutt as usual is brimming with opportunities to get out there and be active this summer...so what better time to think about making some changes to incorporate some regular physical activity into your day. It doesn't have to be organised sport or a class there are many little things you could try.

**Maybe you're just lacking a little motivation?  
So how do you motivate yourself to get out and get active?**

Here are a couple of suggestions:

**Buddy Walk** – Find a neighbour, workmate or friend that you can walk with for 30 minutes on a regular basis. It's twice as enjoyable and you'll get double the motivation.

**Do Yoga (or Tai Chi)** – You can get yoga books and tapes from Upper Hutt Library and do it at home. It'll give you strength and flexibility and de-stress your mind. Or if you need a little guidance to start why not check out the FREE classes during Lively Parks.

**Mow the lawn!** - Include chores like mowing or vacuuming which not only exercises all your main muscle groups – but the faster you go, the more you'll work your heart and the sooner you can head off to play with the kids or the dog!.

**Walk a message** - You can Push Play at work too... forget sending an email or making a call to a work colleague and use your feet. Not only is it more social and helps relationship building, but every little bit will build you up for the 30 minute

## UPPER HUTT RUGBY CLUB



### IMPORTANT NOTICE TO ALL PLAYERS

Pre-season training 2010  
Maidstone Park every  
Tuesday and Thursday evening  
6.30 PM - 8.00 PM

No excuses - meet the challenge!

New players welcome.  
Contact Hannes Venter  
CCO UHRFC - 0218 37939



### Hapkido Self Defence | Seido Karate I Medieval Sword Fighting | QiGong

The Upper Hutt Martial Arts Academy supports a community of local groups and collectively offers regular classes in following:

Hapkido and Self Defence: [www.hapkido.co.nz](http://www.hapkido.co.nz)

Seido Karate: [www.seidokaratewellington.co.nz](http://www.seidokaratewellington.co.nz)

Medieval Sword Fighting: [www.jousting.co.nz](http://www.jousting.co.nz)

NEW! QiGong with Vlado Rashev: [www.self-healing.co.nz](http://www.self-healing.co.nz)  
QiGong is a holistic health system that works at the most fundamental level of human life, the level of qi and consciousness. It's an everyday practice, used for thousands of years to enhance health, prevent and cure illness. Contact Vlado on 970 6523 or email [info@self-healing.co.nz](mailto:info@self-healing.co.nz)



# Maidstone United Netball Club



## Trial Dates

Premier One / Two

Tuesday 2nd & Thursday 4th March 2010

For more information please contact:  
Karen McCloy (Captain) – 0210 704295  
Nicki Meyrick (President) – 0274 268074

## Junior Netball Academy

Maidstone United will be having a Junior Netball Academy for the 2010 Season.

All College students that live in Upper Hutt, regardless of which College they attend, are eligible to trial.

For more information, please contact  
**Deborah Hunter on 526 6892**  
or email: [red3@xtra.co.nz](mailto:red3@xtra.co.nz)

**PATHWAY TO  
ACTIVITY**

**ACTIVE LIFESTYLES  
FOR THE OVER 50s**

### GOLD I

#### Growing Old Living Dangerously

A great range of activity sessions for the over 50's with a little bit of edge!  
If you fancy something a bit more adventurous, then GOLD is for you.

Activity	Time/ Location	Cost
Canadian Canoeing 30/03/10	10am-12pm Camp Kaitoke Upper Hutt	\$5 p/person

**activation**  
ACTIVE RECREATION

### futureCLUB



Developing lasting skills  
for Upper Hutt's sports people

### futureClub | Education Forums

A series of monthly forums and aims to assist club officials, coaches, committee members, organisers and athletes within sports clubs, recreation groups and schools to build lasting skills for the benefit of their organisation.

**Forums held at Expressions Foyer,  
7-9pm New 2010 programme soon!**

Date	Theme	Cost
24 Mar	Club Networking Evening	FREE

Book at H<sup>2</sup>O Xtream or contact Dave Workman on  
04 527 2169 or email [dave.workman@uhcc.govt.nz](mailto:dave.workman@uhcc.govt.nz)

## Shoe Clinic Moonshine Half Marathon and 10k fun run & walk- Sunday 11 April

**Description:** Trail run and walk  
**Location:** Starts from Trentham Memorial Park, Bartons Rd.  
**Date:** 11 April 2010  
**Time:**

- Half Marathon walkers start at 08.30am
- Half Marathon runners start at 10.00am
- 10k event walkers 10:00am

**Entry Fees:** Half Marathon \$27.00 10k event \$17.00

**Contact:** Suzanne van der Jagt **Phone:** (04) 977-8747  
**Email:** [suz-vdijagt@hotmail.com](mailto:suz-vdijagt@hotmail.com)  
**Website:** [www.trenthamunited.co.nz](http://www.trenthamunited.co.nz)



# RIDE INTO THE CYCLING SCENE

Get in to gear this Summer and get on your bike!

With the Hutt Valley's Summer of Cycling programme in full swing, there's something for all ages, abilities and fitness levels.

### Look out for the following events:

- **Bike the Trail**, Sunday 28 February, Harcourt Park 9am
- **Merida Karapoti Classic**, Saturday 6 March, 9am
- **RABOPLUS Big Coast**, Saturday 13 & Sunday 14 March, 9.30am
- **Screaming O**, Sunday 28 March, 8.30am

For more information about all of these events visit

[www.summerscene.co.nz](http://www.summerscene.co.nz)



## Noticeboard | Want to promote your club? Training, Open day, Event or Registration?

Email your listing to [dave.workman@uhcc.govt.nz](mailto:dave.workman@uhcc.govt.nz)

Date	Event
Sundays	<b>Women Only Swim Night at H<sup>2</sup>O Xtream</b> Every Sunday from 7pm. Only Female staff, curtained from road, fun and safe. All women, all abilities and all cultures welcome. For details visit <a href="http://www.h2oxtream.com">www.h2oxtream.com</a>
Sunday 28 Feb	<b>The Avanti Plus Bike the Trail</b> Starts 9am from Harcourt Park to Hikoikoi Reserve in Petone (22km) or 12km option from Stokes Valley. Pre-register at H <sup>2</sup> O Xtream or on the day. For details visit <a href="http://www.bikethetrail.co.nz">www.bikethetrail.co.nz</a>
Until 15 March	<b>Lively Parks</b> Have a go activities for all of the family! Activities every day and evening in our local parks inc: Pilates, Dance, Petanque, Croquet & Push Play. For details visit <a href="http://www.activation.org.nz">www.activation.org.nz</a>
Thursday 4 March	<b>Sport Wellington Buggy Walk.</b> Kaitoke Regional Park. 10.30am start. A reasonably strenuous but beautiful walk along dirt/gravel track following the Pakuratahi River Trail. <a href="http://www.buggywalk.co.nz">www.buggywalk.co.nz</a>
Saturday 6 March	<b>The Merida Karapoti Classic.</b> Race starts at 10am. Enter the 25th annual Karapoti mountain bike race. There is a testing 50km ride and a less demanding 20km ride. For details and to register go to <a href="http://www.karapoti.co.nz">www.karapoti.co.nz</a>
Saturday 20 March	<b>Ridge Track Adventure.</b> 10.30am-3pm. Kaitoke regional Park. This 9km walk through mature beech and regenerating bush provides panoramic views of the Hutt Valley & Tararuas. Bus from info kiosk to start of track at Te Marua.
Sunday 28 March	<b>Walk the Trail</b> A fun 5km walk for the whole family along the scenic Hutt River Trail starts 10am from Trentham Memorial Park to Stokes Valley.



### Upper Hutt Hockey Club

Come and play hockey! For all ages from under 8's, primary school and intermediate.  
**Contact: Cell 021 2261622, Tel 04 526 7984**  
[www.upperhuthockey.co.nz](http://www.upperhuthockey.co.nz)

### Rimutaka Inline Hockey Club

Season starts in April so sign up now  
All ages and abilities welcome  
Friday nights 5.30-8pm, 34b Goodshed Rd  
**Contact: Sandy Nimmo Tel: 04 528 0765**  
[www.rimutaka-renegades.co.nz](http://www.rimutaka-renegades.co.nz)



### United Tae Kwon Do Club

Winter intake starting soon  
Sign up Tuesday & Thursday nights, 6-7.30pm  
Maidstone Intermediate School Hall  
**Contact: Blair Martin**  
**Tel: 021 185 3994**  
[www.unitedtaekwondo.tk](http://www.unitedtaekwondo.tk)

### Upper Hutt Rugby Club | Junior Section

Registrations for 2010 season coming soon  
Sun 28 Feb 10am-2pm | Wed 3 March 6-8pm  
Maidstone Park Clubrooms  
**Contact: Wayne Radovich**  
**Tel: 04 934 3448**



### Rimutaka GymSports

Sign up day Thur 15 April  
55 Montgomery Crescent 4-6pm  
**Contact:**  
**Tel: 04 5262990**  
[www.upperhuttcommunity.net/rimgym](http://www.upperhuttcommunity.net/rimgym)

### Activate Newsletter Deadlines

**Need a coach? Got a reunion, having an open day?**

We will be producing the Activate Newsletter bi-monthly - that's 6 times per year. So if you've got something you'd like included, please email us by the deadline.

We can't promise to include everything but we'll try!

Deadline	Published
1 April	Mid April
1 June	Mid June
1 August	Mid August
1 October	Mid October
1 December	Mid December

**Please email content to:**  
[activation@uhcc.govt.nz](mailto:activation@uhcc.govt.nz)

#### Submission Specifications:

Please try and submit electronically. If it's a ready made advert, then PDF format would be great, otherwise send a word document with JPEG logos and we'll try and include.



## Te Marua Golf Club

675 Main Road North, Te Marua, Upper Hutt  
For more information please call: 04 526 7020

The Te Marua Golf Club course is an 18 hole A-grade entity built on gently undulating ground with elevation

**New Members Welcome including Juniors**

- Practice facilities
- Golf Shop
- Club room
- Café & Bar

[www.temaruagolfclub.co.nz](http://www.temaruagolfclub.co.nz)