

# 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

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## Awards



### *Hutt Valley Sports Awards*

Nominations for the 2023 Hutt Valley Sports Awards **are now open** through until midday Saturday, 15th April 2023 and can be made using the online application form. Any club, team, organisation, business or individual can apply, and there can be multiple nominees entered.

The categories are:

1. Sportswoman of the year
2. Sportsman of the year
3. Team of the year
4. Coach of the year
5. Administrator / Volunteer of the year
6. Young sportsman of the year
7. Young sportswoman of the year
8. Young sports team of the year
9. Young volunteer of the year
10. Disabled / Special athlete of the year
11. Official of the year
12. Media contribution of the year
13. Environmental & Sustainability award of the year

For more information go to the Hutt Valley Sports Awards [website](#).

## ***New Zealand Sport and Recreation Awards***

Entries are now open for the annual ***New Zealand Sport and Recreation Awards***.

Every year, individuals and organisations throughout Aotearoa New Zealand are making outstanding contributions to enhance people's lives through physical activity. The NZ Sport and Recreation Awards look to recognise the best of this work and celebrate excellence and leadership in the sector.

Now is your chance to make sure individuals and organisations you work with in the sector are recognised for their outstanding work.

Nominations are easy. Check out the [awards portal](#) for more information on how to submit an entry and to learn more about each of the award categories for 2023.

## Key Dates

- Awards portal closes for nominations – 27th April 2023
- Finalists announced – early June 2023
- New Zealand Sport and Recreation Awards Night – Monday 24th July 2023

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## Sport Research

The Nuku Ora 2021/2022 [Annual Report](#) has been released. Over the next couple of months, aspects of the report will be included in the monthly newsletters.

This month, we will take a look at **Shifting the barriers**

People who are less active or not active at all do not get to experience the wider range of benefits that come with being regularly active. These barriers have greater impacts on some more than others. We can focus on reducing barriers to enable everyone to participate by looking into what clubs and their regional bodies can offer. This can be done by looking into the following:

- Individual assistance from resources or mentoring
- support for more equitable access to opportunities
- advocacy for funding, policies, and accessible spaces.

Utilising funding sources is a key aspect of shifting barriers to participation. Funding has enabled rangatahi and clubs to access a range of sporting and recreation activities, as well as covering equipment and fee-associated costs to allow greater participation.

***Tū Manawa Active Aotearoa Fund distribution 2022***



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## Funding



### *Sporting Chance & Arts Participation Funds*

Supporting children and young people in the arts and sport.

Sporting Chance and the Arts Participation Fund are two funds set up by Upper Hutt City Council, which aim to assist young people 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.

These funds are about supporting families, affected financially by COVID-19 with the necessary equipment, clothing or other related costs to enable Upper Hutt children (ages 5 -18) to participate in sport or physical activity and/or art and culture.

This may include but is not limited to:

- Sports club or dance/art/music/culture/theatre ...etc. class fees
- Equipment not provided through the sporting club and or dance/art/music/culture/theatre classes.
- Uniform, footwear or clothing/costumes associated with sports or dance/art/music/culture/theatre classes

Sporting Chance funds are administered by Activation, and the applications can be found on the [website](#).

### ***Grant Proposals workshop***

Kirsty Prentice presented a successful and comprehensive grant writing workshop on Monday 20th March at the Upper Hutt City Library. She covered topics such as: how to identify the right grant opportunities for your project or organisation as well as best practices for creating a compelling narrative and budget.

Kirsty has provided the powerpoint for the session and you can find the link [here](#).

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## **Resources**

### ***Many Rangatahi Experience Pressure to Perform and Don't Feel 'Good Enough'***

Through both the qualitative interviews and the quantitative surveys, the response was clear, many rangatahi feel that they aren't good enough. This comes both from external pressure (coaches and parents/caregivers) and their own internal pressure and negative self-talk.

Based on insights from the 'Future of Rangatahi Sport in NZ' this fear of judgement usually centers around:

- Being humiliated or embarrassed.
- Letting the team down.
- Perfectionism.

“If a youth athlete sets unrealistic goals, is never satisfied with performance, and is afraid to fail or make mistakes, then they may be experiencing perfectionism. Perfectionism can also be at play when people expect too much of a youth athlete (i.e., other people impose perfectionism on youth athletes) or a youth athlete expects too much of others and criticises them (e.g., teammates).”

What can you do to support rangatahi with these feelings? Balance is better has a few articles to help coaches and parents, check them out [here](#).

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## All Star of the Week Certificates



Upper Hutt City Council, along with Kapiti Coast, Porirua, and Hutt City councils are still collaborating for 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 Pools whilst H2O Xtream is undergoing a well deserved upgrade.

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

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# International Working Group



In November, Activation attended the International Working Group on Women and Sport Conference. The report from the conference has been released, each monthly newsletter I will be sharing information that clubs can discuss to create conversation around.

This month we will look at **Female Friendly Environments**.

Women's and girls' participation in sport and physical activity is influenced by the extent, variety and accessibility of facilities, especially spaces which are safe and secure. The planning, design and management of these should appropriately and equitably meet the particular needs of women and girls in the community. Clubs can invest in facility development or improvement through a gender lens to ensure the appropriate vision of safe and appropriate spaces.

Key areas for clubs to discuss and investigate are:

- Playing environments - women need appropriate changing facilities, toilets and access to lighting when utilising outdoor fields.
- Playing equipment - appropriate uniform offerings, as body shapes between genders differ. Access to the best-fit equipment (sticks, gloves and helmets for example).

New Zealand Amateur Sports Association has completed a study in this area, there results can be viewed [here](#)

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## Club Support

Continuing on with club support, please let me know if your club is hosting events such as a business house series, or quiz nights. Small events where people can get out into the community in a different sport, whilst having fun with colleagues/friends or others who wouldn't usually participate is a great way to build community. I can pass on these events to be advertised on the "What's on in Upper Hutt" webpage.

Email [teresa.shailer@uhcc.govt.nz](mailto:teresa.shailer@uhcc.govt.nz)

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## Final Words

2023 has rolled around fast, winter clubs are starting their registration process and are preparing for the 2023 winter season. We have posted our sports video on social media, as well as sending it out to schools, reminding people to register for winter sports. There will be a link to our sports directory page for people to find the sport/activity that they wish to enquire about. If your details do not match what we have on the sports directory page, please let me know and I can update them.

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



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