

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

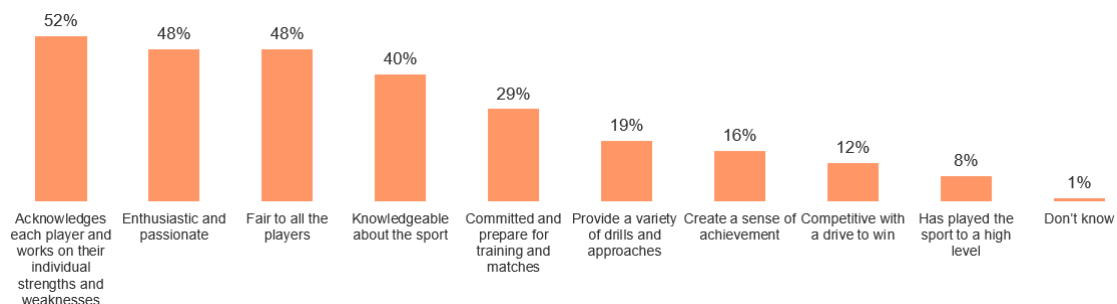
Future of Sport For Rangitahi in NZ Research report

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 sports coach qualities, they believe a great sports coach has to display a range of behaviours including enthusiasm and a sense of fairness. The absence of these attributes reflects some of the frustration that has been expressed by players no longer engaged in sport.

The graph below displays the qualities which make a great sports coach, with 52% stating that individual acknowledgement is particularly important.

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



Self Determination Theory



Self-Determination Theory: What Is It, and What Does It Mean (Practically) For Coaches?

Research shows that the most common cause of young people dropping out of sport is their psychological needs not being met. But unlike many of the other major reasons that young people stop participating in sport (such as injury, social pressure, and competing priorities), young people's psychological needs is a factor that coaches do have more control over (for better and sometimes worse).

To prime coaches to start thinking about how the impact the psychological needs of the young people they coach, Balance is Better discusses what Self-Determination Theory is, what it tells us about the psychological needs that all humans possess, and how we can incorporate Self-Determination Theory into our own coaching.

Check out the full resource [here](#).

Incorporated Societies Act



Sport NZ held a webinar on 13th September: Navigating the new act - Changes and Support. Key changes from the webinar have been summarised on the Sport NZ website, as well as a Frequently Asked Questions document.

Sport NZ is recommending a coordinated approach to the updating of constitutions, focusing on national societies first before rolling out changes and support to Regional Sporting Organisations (RSOs) and Clubs for those who are federated. This approach will better use their collective insights and efforts with an aim to minimise the duplication of effort and costs for societies.

Sport NZ is preparing constitutional templates, and they expect the regional/club templates to be available in November. Regional organisations and clubs should check with their national organisation (where relevant) first before updating using these templates.

For more details and resources, head to their [website](#)

Keeping Youth In Sport Forum



Organised by Nuku Ora and College Sport Wellington, in association with the Wellington Balance is Better Advisory Group, The Power Up! Keeping Youth in Sport Forum is all about keeping youth in sport and will take place at Te Rauparaha Arena on November 23, 2023.

Topics will include:

- Sport NZ update on Balance is Better
- How to implement change
- The role coaches play
- Getting parents onboard
- Regional BiB examples
- Tackling tall poppy syndrome

Limited to 80 attendees, this event is targeted at RSOs, Clubs, Coaches, Sport Directors, Principals, and anyone involved in youth sport.

Don't miss out, register [here](#)

Inclusivity Hub



It's important that organisations are committed to being inclusive to all members of their community and actively create safe and welcoming environments in which everyone can fully participate and thrive. We all have a responsibility and role to play in ensuring sport and recreation is inclusive, accessible and representative of Aotearoa New Zealand's communities.

The Inclusivity Hub provides a range of resources for organisations and individuals wanting to start or progress on their diversity, equity and inclusion (DEI) learning journey. Sport New Zealand's aim is that the Hub enables you to have conversations, grow knowledge, and collaborate so that together we can ensure no one misses out on the benefits of physical activity—regardless of

age, gender, disability, cultural or religious background, or sexual orientation.

For more details and resources, head to their [website](#)

Halberg Inclusion Training



The Halberg Foundation offers FREE Inclusion Training workshops on how to modify sport, physical activity, and recreation to ensure inclusive opportunities for all New Zealanders. These workshops are delivered nationwide for teachers, teacher aides, coaches, tertiary students and activity providers and can be catered for your specific requirements around location, time and facilities with online workshops also available.

The course is delivered by Halberg Advisers around the country and incorporates practical and theory elements, teaching the core fundamentals of how to modify practical activities, empowering you to be more inclusive in a physical activity setting.

For more details and resources, head to their [website](#)

Tu Manawa Open Fund



This is the final financial year for the current contract that Nuku Ora holds with Sport NZ for the Tū Manawa Active Aotearoa Fund. Many organisations are seeking higher costs amidst the rising cost of living. This has led to significant

pressure being placed on the Tū Manawa fund and as a result, we are not able to guarantee funding to the same levels as in previous years. This applies across all applications to the fund.

The remaining funding rounds within the 2023-2024 financial year may or may not go ahead depending on available funding levels

Check out the [website](#) to see if your organisation is eligible to apply.

Sporting Chance & Arts Participation Fund

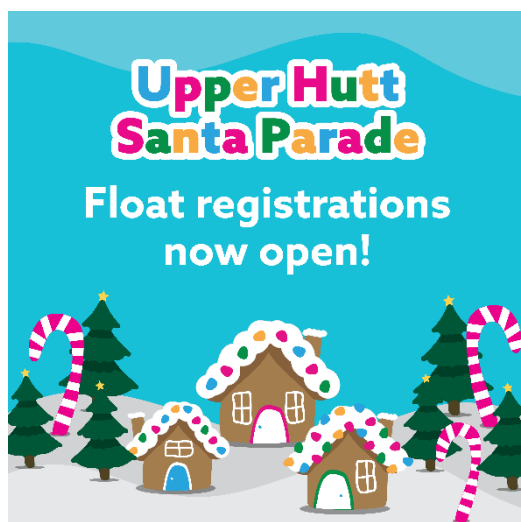


Sporting Chance and the Arts Participation Fund are two funds set up by Upper Hutt City Council, which aim to assist young people aged 5-18 years old, where financial hardship, as a result of COVID-19, is a barrier to participation in sports and physical activity and/or in art and culture.

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.

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!

A \$1,000 prize for *Best Float*, and a \$250 prize for the *People's Choice Award* will be up for grabs. You can cast your votes for your favourite floats on the Upper Hutt City Council Facebook page after the parade.

[Enter your float here](#)

All Star Of The Week Certificates

A certificate template for 'All Star Of The Week'. The top half is light blue with the text 'CONGRATULATIONS TO OUR ALL STAR OF THE WEEK'. Below this are three horizontal lines for 'AWARDED TO', 'TEAM', and 'DATE'. A 'Go! for H2O' logo is on the right. The bottom half is green with a grass border and the text 'ONE FREE CHILD POOL ENTRY'. It includes instructions to present the coupon at participating council pools and a list of participating councils: healthy families, Kapiti Coast District Council, Porirua City, Hutt City, and Upper Hutt City Council. A pair of scissors icon indicates where to cut.

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 Xstream 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

