

# **HARBOUR SPORT 6-MONTH REPORT January – June 2009 TO RODNEY DISTRICT COUNCIL**

## **Introduction**

This report forms the basis of the 2008-2009 report for Rodney District Council against progress made by Harbour Sport in relation to its 2008-2009 Annual Business Plan.

Harbour Sport has continued to expend a great deal of energy in the Rodney District over the last 6 months with a number of significant projects well under way and sustainability plans high on the priority list. The past twelve months has seen continued development here at Harbour Sport. A number of key projects have been highlighted below that are considered to have been successful over the past 6 months. These include:

- Rodney Physical Activity Strategy including:
  - Push Play Neighbourhoods
  - Green Prescription and Active Families
  - Tai Chi
  - Education Sector
  - Coaching
  - Sport Development
  - North Harbour Sporting Excellence Awards

### **North Harbour Physical Activity Strategy**

Excellent progress has been made with the North Harbour Physical Activity Strategy (NHPAS).

NHPAS has provided a clear strategic direction for the region and Harbour Sport is committed to implementing the strategy with our Strategic Plan 2007-2010 closely aligned to ensure delivery.

The Rodney District council has been a vital partner in NHPAS. The representation has been strengthened with the appointed of Wendy Rutherford which has complemented the input Michael Sinclair makes.

Goal 6 has been a focus and the partners have worked together to come up with a consistent message that can be utilized in all sectors, the message is ..... Get Active..... for example Get up Get Active Enjoy Life, At Orewa Get Active Try Kiteboarding.

It has been acknowledged that for NHPAS to be fully implemented that the strategy be extended and finish 30<sup>th</sup> June 2010.

## **Rodney Physical Activity Strategy**

Harbour Sport is committed to supporting the implementation of the Rodney Physical Activity Strategy and has identified a number of activities that link to the implementation of both the Rodney and North Harbour strategies.

Examples of these projects that have shown significant progress towards both these strategies include those highlighted below.

### **Push Play Neighbourhoods (PPN)**

Contractually the Push Play Neighbourhood Project finishes at the end of June 30<sup>th</sup> however Harbour Sport will continue to oversee this project until Dec 09 when the evaluation report will be complete.

Tu Tangi Ora has received \$25,000 of funding from the WDHB HEHA Maori Reference group funding. This demonstrates how the PPN collectives have become sustainable.

The best practice toolkit and practice manual is complete and has been passed on to SPARC for their website.

The Active Communities manager has already had requests from other community projects to use the practice manual as a resource.

Warkworth, Wellsford and Tu Tangi Ora collectives all put in submissions to the Rodney District Council LTTCP. Warkworth Collective has been asked to lead a feasibility study into sports facilities and grounds in their district.

Tai Chi has met its ACC targets in the PPN's.

### **Green Prescription and Active Families**

#### **Green Prescription**

Total referrals received for the Rodney region between Jan 2009 – May 2009 were 37 referrals.

Over the past six months relationships have been strengthened with the following organisations; Pro Care Network North, Aquatic Park Parakai Springs, Sport Northland, Wellsford Push Play Neighbourhood Coordinator (Coast to Coast) and Warkworth Push Play Neighbourhood Coordinator (Harbour Health).

A Green Prescription Exercise Instructor for Helensville was employed in June 2009. Her role is to facilitate the Green Prescription Aquatic Class at Parakai Pools and to deliver a community group in Helensville for Green Prescription clients.

GRx SPARC Survey May 2009 key results for GRx participants in the North Harbour region:

- 79% GRx participants are more active after 6-8 months of receiving their GRx – this is the highest reported in New Zealand (SPARC KPI 48%)

- 67% of GRx participants have made changes to their diet since receiving their GRx (SPARC KPI 55%)
- 80% of GRx participants feel more confident about doing physical activity (SPARC KPI 65%)
- 84% of GRx participants felt the physical activity suggested was appropriate for them (SPARC KPI 80%)
- 88% of GRx participants are more motivated to get/ stay physically active (SPARC KPI 75%)
- 80% of GRx participants are aware of and understand the benefits of physical activity (SPARC KPI 80%)
- 78% of GRx participants have noticed health changes (SPARC KPI 65%)

### **Green Prescription Active Families**

Referrals for the Active Families programme have increased from the Hibiscus Coast region, particularly for children aged 10-16 years. Active Teens was developed and is facilitated from the Hibiscus Coast Youth Centre in Orewa. The programme utilizes local community sports clubs, grounds, gyms and leisure centres introducing the families on the programme to what is available for them to access within their community. There are currently 12 families participating on this programme and good relationships with Orewa College have ensured regular referrals.

Active Families in Warkworth is finishing up at the end of June, referrers have informed us that there are not enough referrals in the area to sustain the programme.

SPARC's National Green Prescription Active Families Programme Survey June 09 Key Results:

- 95% of respondents have noticed changes in their child's health since taking part in the programme.
- 88% indicated their child was spending more time being active compared with before the programme.
- 95% consider their child better understands the benefits of physical activity.
- 89% consider their child better understands the benefits of eating healthy foods.
- 95% indicated their family knows how to choose healthy food and drink as a result of the programme.
- 95% indicated their family knows how to choose healthy food and drink as a result of the programme.
- 89% have made changes to the family's diet.
- 74% of other household members are also more active compared with before the programme.

### **Tai Chi**

This course of 20 week Rodney Tai Chi Programme has seen Harbour Sport meet their new participant's target of 60 (actual 62). Classes in Warkworth, Wellsford and Mahurangi have also seen high retention of beginners into the

instructor run maintenance programme. At the end of Push Play Neighbourhoods, this has been a very positive result. ACC is very happy that these classes will continue after the funding has gone and the instructor will carry on his classes in these areas as the numbers are sustainable.

Last year Harbour Sport looked at possibly starting ACC Falls Prevention Tai Chi classes in the Helensville area with a 5-week programme which was funded by Tu Tangi Ora. In March tai chi classes in that area began with 17 new participants signed onto the programme in the first 2 weeks. Unfortunately due to funding ACC will not continue to run classes in this area for the next 20 week block.

## **Education Sector**

Harbour Sports Active Movement Advisor has held 6 workshops in the Rodney District. These workshops have included work with community group including Parent centre, Plunket and Playcentre. Four open workshops have been held at Harbour Sport and these workshops have been well attended by Rodney District Early childhood educators with over 20 participating. The Active Movement Advisor has been involved in the planning of Wriggle and Rhyme (Active Movement in Libraries) of which the Rodney District Council Libraries will be engaged in from 2009.

Harbour Sports Active Schools Facilitators have continued to work in depth with 16 Rodney Schools striving to increase the physical activity culture of the schools and the community. Many of these schools were recruited with the assistance of the Push Play Neighbourhood Coordinator. As a result of signing the Active Schools contract these schools also gain access to support from Team Solutions in regards to the New Zealand Curriculum. The facilitator has recently been involved in a primary schools triathlon that was held on Snells Beach at the end of March. It was organised in association with Mahurangi Christian School and the Warkworth Push Play Neighbourhood Coordinator. Six schools took part, with just over 100 children participating in the event. There are seven new active schools in Rodney who have decided to make Physical Activity a priority from 2009 to 2011.

Professional development workshops have been held in the area of developing leadership programmes for students. 5 primary schools and 2 colleges have been involved in these workshops.

In collaboration with Harbour Sports Kaiwhakahaere work has been done to introduce the traditional game of Ki o rahi to college students. This was successful and was followed up by students from Mahurangi College attending an interschool Ki o rahi competition.

## **Coaching**

The GACU Director continues to provide Coach Development support for the Harbour Sport Education Team who maintains regular contact with Rodney

primary, intermediate and secondary schools. Coaching support aims at continually being a key service delivery area for the Education team.

A first steps in coaching diary has been developed for parent coaches to give them valuable support and reinforce key coaching philosophies and messages. This will be rolled out in two stages over the next year and will reach in excess of 10,000 coaches across the region

The isportz interactive website continues to grow and there is now a dedicated section “First steps in coaching” for parents.

NZ Football, NZ Breakers, NZ Tennis, NZ Yachting and a number of local regional sports are utilizing the benefits of the website to help connect coaches and provide them with support.

The Harbour Sport “Sport Development Support Centre” is fully operational and Harbour Sport will communicate information shortly to schools and the wider sporting community of how they can assess this world class facility. A number of training sessions are planned to introduce the new technology to coaches, the first will take place on July 13. Harbour Sport are delighted with the signing of a new sponsor “Silicon Coach” a Dunedin based sports software company that will become an important partner of the support centre.

Generic workshops continue to be well supported by Rodney Coaches. These included a parents coaching session, sports science workshop and a regional coaching director’s workshop attracted 89 coaches.

GACU were successful in securing additional funding via the ASB community Trust and NZCT to provide coaching support across the region. New Zealand Football, Cricket and Touch have signed agreements to deliver increased grass roots support to clubs and schools and an additional 3 CoachForce sports will be recruited shortly to increase the regional CoachForce team to 9 codes that provided delivery support for coaches in the Rodney region.

## **Sport Development**

The Sport Development Team has continued to facilitate bi-monthly network forums with Leaders from Regional Sports Organisations with attendance of approx 20 -25 attendees per forum. Six network forums have been held in the past 12 months.

All focus sports have project plans which are used to track progress with these in-depth sports (Tennis, Golf, Volleyball and Swimming). These plans have included club development, strategic and business planning, financial planning, governance development and mentoring.

The Sport Development team continue to ensure that sport thrives through strategic direction and governance by facilitating BoardWorX training workshops for board/club members. In addition to the board training the team facilitated four club support workshops on the topics of Funding/Sponsorship

(run of Warkworth), Volunteering, Sportsground training and marketing. The workshops have been attended by 145 people from over 40 clubs.

A monthly e-newscast containing relevant updates, workshops and development opportunities is sent out to sports database including RSO/Clubs and other key stakeholders. The twelve months has seen a governance toolkit being developed to assist the governance and support offered to both clubs and RSO, which was launched on the new Harbour Sport website in February 2009.

### **North Harbour Sporting Excellence Awards**

The 16th Annual Harbour Sport Excellence awards saw 425 people attend this event at the Spencer on Byron Hotel, Takapuna. 19 awards in various categories were handed out to athletes, administrators, coaches and sporting legends highlighting sporting excellence in the North Harbour Region. A 10% increase was achieved in the number of nominations received from sports.

For the first time in Harbour Sports history we celebrated our sporting legends by introducing a hall of fame at the Massey University Harbour Sport Excellent Awards. The sporting greats inducted into the Hall of Fame were people who have built up pride in the Harbour region by inspiring us both on and off the sporting fields.

The legends were selected by a panel of judges. Nominations were received from the public and individual sporting codes within the Harbour region.

The inaugural 19 athletes inducted represented nine codes and include greats such as Sir Peter Blake, Buck Shelford and Allison Roe.



2008 Massey University  
Harbour Sport Excellence Awards  
Congratulations to all Nominees!

**Spencer on Byron Sportsman of the Year**  
Tom Ashley  
Moss Harmer  
Tony Woodcock  
Stephen Ferguson  
Ben Fosdy  
Anthony Frank Botic

**McDonalds Junior Sportsman of the Year**  
Chris Smith  
Ston Wiggins  
Brad Anderson  
Keston Yood  
Andy Maloney  
George Lane  
Shawn Johnson  
Screw Hansen  
Robert Lov/Paul  
Shawn Horne

**Youthtown Junior Team of the Year**  
Westlake Boys High School 1st XI Hockey  
Westlake Girls High School Senior Water Polo  
Westlake Boys High School Badminton  
Westlake Girls High School Premier Badminton  
North Harbour Hockey U18 Boys Rep Team  
Harbour Handball Under 17 Boys  
Waitemata-Rodney Area Equestrian Team

**Hayes Knight Administrator of the Year**  
Brian Cross  
Pauline Jack  
Linda Wharm  
Toel Bayliffe  
John Tounstetter  
Joan Fairhall

**Lion Nathan Club of the Year**  
Shore Rovers Netball Club  
North Shore Swimming Club  
Mairangi Bay Tennis Club  
Milford Bowling Club Incorporated

**North Shore Times Sportsman of the Year**  
Melissa Ingram  
Eira Taylor  
Nomi Wharematia

**Massey University Team of the Year**  
Men's Freyberg Masters Team  
Swimming Men's 4x100m Medley Relay Team  
Taniwha Wahine  
Stephen Ferguson & Mike Walker  
East Coast Boys Soccer Team  
Kooopa North Harbour Hockey Women's NHL Team

**Youthtown Coach of the Year**  
Jan Cameron  
Greg Vitelli  
Tony Readings  
James Cooke  
Scott Talbot  
Russell Wilson-Jones  
Kevin Woodcock  
Rex Smith  
Ian Ferguson

**Team Print Event of the Year**  
Ashaway North Shore City International  
NHL Region Rhythmic Gymnastics Championships  
Milford Rowing Club Corporate Event  
Hockey Olympic Qualifying Tournament

**McDonalds Junior Sportsman of the Year**  
Eric Te  
Justina Jaggrewiss  
Ayla Oll  
Jenika Cowan  
Sophia Curbridge  
Hayley Palmer  
Chloe Francis  
Kerry Charlesworth  
Milla Nathan  
Alexandra Maloney  
Katie Bauer  
Eitar Preston  
Penelope Marshall

**Beachside Health and Fitness Umpire/Referee of the Year**  
Steve Walsh  
David Brown  
Glen Nalapa  
Steve Knights

**Cube Sport Sports Performer of the Year**  
Hayley Palmer  
Chris Boyle  
Moe Harvey



**Massey University**

