



**sport
Wellington**

**ANNUAL REPORT
2016 / 2017**

Providing Region Wide Leadership

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Sport Wellington is grateful to all of our partner organisations for their support over the 2016/2017 year.

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Pelorus Trust
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Our Vision.

Everyone in the greater Wellington region has a life-long involvement in sport and active recreation.

Sport Wellington is governed by a Board of Trustees and managed by a Chief Executive. It has a staff of 44 full/part time employees.

The Trust operates within a wide geographical area, spanning the region between Otaki in the west, across to Masterton in the east and Wellington City in the South.



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Providing region-wide leadership

Chief Executive's Report

Sport Wellington's role is to provide leadership to the sport and active recreation community. We love our work because we get to work with a wide variety of people and organisations and we believe in the value that regular participation can bring to people's lives – something we highlight in this report. At the same time our operating environment is changing constantly, and sometimes rapidly, which challenges all of us to be constantly adapting and adjusting.

The scope of our work is broad – from a focus on improving the health and wellbeing of children and their families, through supporting sport and recreation organisations and schools to provide meaningful opportunities and experiences, and helping athletes and coaches to realise their potential as individuals and performers in competitive sport.

During the past year we have been working to make a positive difference in the lives of the people across our region as a consequence of their participation and involvement in sport and active recreation. We have seen some great achievements as a result of this work and the work of our partners.

Green Prescription contract success

At the end of 2016 Sport Wellington was successful in its bid to secure the contract to deliver the enhanced Green Prescription initiative involving Maternal (GRx), Adult GRx, Preschool Active Families and Active

Families. As a result we have a new Healthy Lifestyles Team and more staff focusing on improving health and physical activity outcomes for targeted groups in our region.

40 years of Round the Bays

This year's Cigna Round the Bays event celebrated 40 years of walking and running around the bays of Wellington Harbour. More than 14,300 people participated in the occasion, supported by 350 volunteers. Beyond the naming rights sponsorship, Cigna is an active partner in bringing this event to life and their support is highly valued by Sport Wellington.

Communities leading the way

Locally-led delivery has become a key focus for Sport Wellington. It puts participants and their local communities at the start of the decision-making process instead of at the end, and provides a way of connecting and empowering people. We started working with two (Otaki and Porirua East) of our 11 identified communities of interest across the region to help them take action to increase participation in sport and active recreation and bring about overall improvement in their community's health outcomes.

Building our knowledge culture

At Sport Wellington we understand that we are in the knowledge business.

We use knowledge to build our own and others' capability which requires us to be information brokers. During the year we confirmed our knowledge management strategy which will help us to build the knowledge culture within our organisation. This is important as we all grapple with managing change and preparing for and anticipating the future of sport and active recreation.

These are some of the highlights in what has been a successful year for us. There are many other achievements of note. However, we know that we can continue to improve. Our stakeholders have identified some things that they would like us to do better and we are committed to finding ways we can be more effective as leaders of the sport and active recreation community.

Our work is made easier with the support of our funders, the councils and the wider group of sport, health and recreation stakeholders. Our success is due in part to your commitment to our work. A special mention must be made of our primary partner Sport NZ who continues to assist us in the region in everything we do.

The other side of the success equation are the people who serve on our Board of Trustees and our staff who are committed to realising our vision and work hard in their respective roles to bring about gains for sport, active recreation and improved health in the region.

Phil Gibbons
Chief Executive



Sport Wellington's role is to provide leadership to the sport and active recreation community through partnering, knowledge sharing, influencing and expertise.

SNAPSHOT : THE SOCIAL VALUE OF SPORT AND ACTIVE RECREATION

Over the last year, Sport Wellington has continued looking into this important question. The following are some insights into the long term social impacts that we are targeting through our work with our partners throughout the region.

Sport and active recreation are integral to an individual's physical, mental, and social wellbeing; they enhance quality of life.

Julie Moularde
Evaluation & Insights Senior Advisor

BELONGING

They foster a sense of belonging in participants, volunteers, and families providing social inclusion and connection. They break down barriers by drawing people from different backgrounds together.



GIVING

They tie people together, foster social networks and encourage reciprocity. They create willingness for people to engage in their communities through volunteering and other positive behaviour.

ENVIRONMENTAL APPRECIATION

They support a sense of place in a community. Sport fields, parks and reserves contribute to the value and environmental health of communities. Outdoor recreation increases individuals' connectedness to nature.



IMPROVES SOCIAL BEHAVIOUR

They can facilitate positive social interactions and expose individuals, particularly youth, to pro-social values; they offer opportunities for civic engagement and help develop social competence in youth.

ACTIVE TRANSPORT

They promote active transportation such as cycling and walking; physically literate individuals have the confidence, competence and motivation to be active in their daily lives. It improves their health and helps reduce congestion and pollution.

SUCCESSFUL CAREERS

They provide transferrable skills such as leadership, teamwork and resilience; children learn self-management and discipline, and develop values of respect and integrity. These advantageous traits are valued by employers. Girls in particular have much to gain.

BECOMING A BETTER PERSON

They offer an opportunity to build self-esteem and confidence when practiced with a high level of social support (in particular participation in organised sport).

Other important intrapersonal skills developed through sport and active recreation include self-management, perseverance, problem solving and value of effort.

In remembrance of Peter Woodman-Aldridge

17 January 1972–17 December 2016

Peter started working at Sport Wellington in May 2008 as our Kaiwhakahaere. In October 2009, Peter was appointed as the inaugural **KiwiSport Manager**. This was the first dedicated position for the new Government announced KiwiSport funding, and a position he held until his passing. In this role Peter was instrumental in developing Sport Wellington's first KiwiSport plan which involved community consultation for this new fund which was all about getting more young people into organised sport.

Peter was dedicated and passionate about his work. He was thorough in his reporting and considerate in trying to understand the varying needs and issues of the applicants and the funding recipients. Peter further enhanced the impact of KiwiSport in the Wellington region and was acknowledged nationally for his creativity and data management.

Admired and respected by the Sport Wellington staff for his passion, sense of fun and unbounding enthusiasm, Peter was a keen cyclist, a lover of lollies and a proud

father and husband.

The following are some staff comments that have been included in a memorial book made after Peter's passing. "Peter was a good man with some great family values and I really enjoyed chatting to him while we worked together."

"His enthusiasm rubbed off on others helping them to achieve beyond their expectations."

"He was a wonderful ambassador for sport and one of the nicest and genuine people I've ever met."

"Legacy is a very over-used word these days; it seems that everyone and everything has to have one – but with Peter Woodman-Aldridge, it's true; he has left behind a very real legacy, which will impact us all at Sport Wellington for a very long time to come."

On a personal level, every one of us who knew Peter and worked alongside him will remember him with great affection.

When all is said and done, however much

you like your work, it's the people that you meet that really matter. Peter was one of those who will leave a lasting impression on all of us. Peter is someone who, as both a colleague and as a friend, I would call a decent man.

He was kind, supportive and committed to the role he had as the manager of Kiwisport and also as a member of the wider Sport Wellington team. We will miss him and our thoughts remain with his wife Ange and two young daughters."

From the eulogy delivered by Phil Gibbons

As Start Line Manager for Cigna Round the Bays, Peter loved the event. Always smiling, this photo captures his enthusiasm and sense of fun.



"He has left behind a very real legacy, which will impact us all at Sport Wellington for a very long time to come."

Phil Gibbons

Enabling quality experiences for children across the greater Wellington region

KiwiSport is a government-funded initiative, administered by Sport Wellington on behalf of Sport New Zealand that aims to engage school-aged children in quality sport opportunities.

Since the fund began (January 2010), we have invested nearly \$7 million dollars in community programmes that increase the availability and accessibility of sport opportunities for young people. As a result of this investment, a wide range of initiatives has provided more than 544,114 school-aged children with the opportunity

to participate in sport or sport-related programmes.

Over 2016/17, Sport Wellington distributed \$792,722 to a range of fantastic projects that provide children with meaningful experiences and focus on our priority areas: females (10-18years), quality intra and inter-school sport, confidence and skill development, family and community engagement, and coaching.

Amanda Taylor
KiwiSport Senior Advisor

KiwiSport projects funded in 2016/17:

Organisation	Initiative
AFL NZ	AFL Secondary School Programme
Cricket Wellington	SuperStar Cricket (Female Focused)
Netball Wairarapa	Junior Netball Programme
Wairarapa Cricket	Female Cricket Development Officer
Wellington Softball Association	Softball KiwiSox
Wellington Touch Association	Empowering Community Touch
Hutt City Council	Fundamental Movement Skills Project
Otaki College	Secondary School Sports Coordinator
The Shift Foundation	Shift Programme
Capital Zone Basketball	Kiwi Hoops Programme
Cricket Wellington	Female Cricket Development Officer
Parafed Wellington	Youth Group Programme
Wellington Golf Association	SNAG Golf Programme
Wellington Golf Association	Kapiti Golf Programme
Ngati Toa School (Porirua Sport Cluster)	Porirua Director of Sport
Lower Hutt Primary School Sport Association	LHPSSA Director of Sport and Convenors



KiwiSport College Quikhit Tournament

As a result of this investment, a wide range of initiatives has provided more than 544,114 school-aged children with the opportunity to participate in sport or sport-related programmes.

We work with each KiwiSport project, providing guidance around physical literacy, coach development, and quality delivery, ensuring each sport or sport-related experience the children are having is of high quality and focuses on their individual needs.

Over the past year there have been a range of successes:

- The Shift Foundation's Shift project is continually increasing physical recreation, sport and wellbeing of many young Wellington females: "Shift gives you so many opportunities to try new things. I love it - it's such a positive place to be."
- Wellington Golf collaborated with Otaki College's Sport Coordinator to establish their golf programme in Otaki to create more opportunities for secondary schools students. Otaki College Sports Co-ordinator Kirsty Doyle noted that "Most of the kids have never had the opportunity to try golf and were really positive about the session."
- Sport Wellington's Getting Started in Coaching project empowers secondary school students to pursue their coaching dreams to increase their confidence to teach fundamental sport skills while providing a positive experience for the children they coach. Students said they had a "Great session lots of tips learnt that will improve my development as a coach" and "I'm looking forward to taking my coaching to another level."



Delivered in partnership with KiwiSport and Sport Wellington, Kiwi Hoops provides fun and enjoyable learning and participation games for young people from 5 to 13 years of age and focuses on teaching fundamental movement and ball skills through modified games.

KIWISPORT IMPACT

JULY 2016 - JUNE 2017

67,962



A total of 67,962 kids (5-18 years) have participated in KiwiSport funded programmes



57,909

primary school students involved in KiwiSport

10,053



secondary school students involved in KiwiSport

194



coaches undertook courses with funding assistance from KiwiSport

3,781



volunteers were involved in KiwiSport programmes



1,474

teachers provided sport related in service



\$792,722

has been distributed to KiwiSport programmes

Volunteerism - taking a sustainable approach

At Sport Wellington we envision a future where clubs, schools and sport associations take a sustainable approach to volunteering, planning for the recruitment, induction, on-going support, recognition and reward of volunteers. We want to see growth in volunteerism which mirrors participation growth, and we want it to be recognised for its benefits in personal development and social currency.

In our **Volunteer Strategy** we recognise that community sport needs help to establish a sustainable volunteer culture. We have continued to influence our partner organisations by promoting the value of planning as a tool for sustaining the volunteer workforce.

To build capability and knowledge in this area we have supported our partner organisations by providing:

- Knowledge of volunteering best practice
- Key messages such as the promotion of personal growth opportunities in recruitment messaging
- Encouragement to view volunteering as a way to develop people
- Awareness of appropriate acknowledgement of volunteer achievement
- Examples of volunteer plans

- Templates, documents and processes around recruitment and retention
- Encouragement to consider club capability development within their plans

We are delighted that a number of our partner organisations have made good progress with their volunteer plans as a result of the support of Sport Wellington. **The Capital Zone Basketball Trust** is one of those.

“Participation in basketball is rapidly growing across NZ and this is also reflected in the Capital Zone. As the regional body, we understand to sustain this growth it’s essential to have a plan to attract and manage volunteers. Sport Wellington has supported us in the development of a volunteer plan that shapes how we identify and attract the right people, support them in their roles and effectively retain them. By going through this process, we now have a clear direction around volunteerism and are in a position to help our local associations, clubs and schools build a plan to do the same.”

Scott Richardson
Capital Zone Basketball Trust

Student coaches

An additional theme of our Volunteer Strategy is support and encouragement of volunteers. In this area we worked with sport coordinators of secondary school coaching programmes on the need to offer support and appropriate acknowledgment of student coaches. The importance of this is that student coaches are far more likely to continue as coaches once they leave school. The benefit to the sporting system is potentially huge.

The “Achieving Better Outcomes for the Sport and Recreation Volunteer Workforce” partnership

The delivery of our Volunteer Strategy is supported by The Lion Foundation as part of a joint project with the Taranaki, Manawatu, Tairāwhiti, Hawkes Bay and Whanganui Regional Sports Trusts. With this project in year three, each RST is reporting that their local initiatives are starting to impact positively on their volunteer workforce.

Sport Wellington is the lead RST on this project and we are pleased to see our collaborative partner approach producing such successful outcomes. We acknowledge the continuing support of the Lion Foundation in this ground-breaking initiative.

Ken Allen
Volunteer Strategy Senior Advisor



An opportunity for personal growth

We need to take more responsibility for developing the PEOPLE delivering community sport. We consider that the opportunity for personal growth is a far better gift than a certificate or a t-shirt.

LivingWell

Wellington Region Sport & Active Recreation Strategy

A collaborative approach enabling our communities to lead healthy, active and successful lives through sport and active recreation

People in the Wellington region value their opportunities to participate and be involved in sport and active recreation. We want them to continue to have plenty of good activity choices and enable them to lead physically active lives - and live well as a consequence.

Coordinated by Sport Wellington, 'Living Well' is a regional strategy for developing sport and active recreation across the wider Wellington region. It has been developed with Sport NZ and key sport and active recreation providers to provide a mechanism that makes region-wide collaborative thinking and strategic decision-making about sport and recreation easier.

The landscape of sport and active recreation delivery is changing, now more than ever before. When we combine our knowledge, resources and talent and take collective responsibility for its development in our region we are better placed to address the changes in society that challenge us and threaten the place of sport and recreation in our everyday lives. By increasing our collaborative effort we will also further contribute to the regional economy as a result of creating a more effective and efficient sport and recreation sector.

During 2016/17 the strategy was finalised and implementation got underway. Implementation to date has involved:

- Seeking endorsement for the strategy from key stakeholders
- Undertaking the Wellington Region Spaces and Places (facilities) Plan Project
- Formalising relationships with key stakeholders based around the framework
- Sending out quarterly updates on progress of the plan

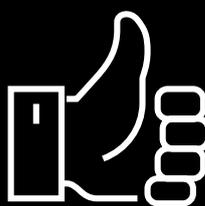
Living Well refers to improvements in physical and mental wellbeing, individual development and achievement, and social and community development through regular participation in sport and active recreation.

Increasing participation in sport and active recreation means better health and wellbeing, social and community development, and individual development and achievement for people in our communities – all of which equals 'Living Well'!

Nicky Sherriff

Programme Manager - Regional Development

To date:

6 

of the 8 territorial authorities have endorsed the strategy

11 **regional sport organisations have endorsed the strategy**

Sport NZ has identified Living Well as a key step in achieving regional coordination across the greater Wellington region, and having Sport Wellington operating as the backbone organisation.



Healthy Lifestyles Team success leads to healthier communities

Being a part of a person's journey towards lifestyle changes and improving health, is an experience that is rewarding for both the participant and our **Healthy Lifestyles** team members.

Our impact on life-long involvement with physical activity has been extended this year through the successful tender for five Healthy Lifestyle Programmes. Including new contracts for Maternal Green Prescription and Pre-school Active Families. We were also successful in our tender to ACC as Lead Agency for the new Community Group Strength and Balance project.

Peta McMillian

Healthy Lifestyles Manager

Physical activity and improved nutrition is still the preferred prescription for medical professionals

The Green Prescription (GRx) programmes have been extremely successful this year. More than 2,800 adults were supported with a GRx in 2016/17, with a 25% increase in face-to-face or group-based delivery from 2015/16. Moving towards more face-to-face support has allowed the Healthy Lifestyles Team to effectively assist change by linking people to their community, support personalised goal setting and improve health literacy.

Through our improved stakeholder relationships and increased referral options, referrers have advocated for and supported the programmes with strong referral pathways - over 130 different referral organisations referred to Green Prescription in 2016/17.

From low participation to community champion

When Hutt local, Lisa joined the Green Prescription Plus programme, she began to meet new people and change her lifestyle - which included joining the Hutt Valley Women's walking group. She ended up loving it so much that she's now one of the group leaders!

It all began when Healthy Lifestyle Co-ordinator, Toshy Rapana, pulled together a few women to begin a walking group with the aim of enabling a keen group of locals to support each other to get active. The women realised the importance of getting together to share their journey, and motivate each other in their goal towards weight loss.

By being involved in the walking group, Lisa is looking leaner, feeling fitter and is

undoubtedly healthier. Lisa's enthusiasm has now transitioned her into a leader of the Hutt Valley Women's Walking Group and we have been able to happily hand this group back to the community to nurture and own.

Green Prescription Plus is a face-to-face support service for those ready to accept a higher level of support to set goals and make positive changes in their life.

Ashleigh Baker, Lead - Adult GRx

A life-long involvement with physical activity begins in the womb

Focusing on region-wide engagement of at risk pregnant women, Maternal Green Prescription is a result of research which indicates that the prevention of childhood obesity begins as early as pregnancy. Intervention to encourage healthy weight gain and appropriate physical activity in pregnancy is believed to have a positive affect on delivery and recovery. Babies are less likely to experience obesity later in their childhood.



The Healthy Lifestyles Team has grown by 80% to support the new Green Prescription contracts. This includes the addition of a Team Manager, Dietician and Midwife.



Our new Maternal Lead role was instrumental in the development of key relationships with lead maternity carers and specialist referrers. Twenty women were engaged in this new programme this year, with an increase expected as referral pathways are strengthened within each District Health Board.

“Keeping active is a corner stone of management in diabetes, and although it was something that we always encouraged and provided education on, it wasn’t an area that women were well supported in until Maternal Green Prescription became available. We consider Sport Wellington as “part of the team”, we particularly like that they are giving the same messages that we are. These women are high risk for developing type 2 diabetes so the support post birth to maintain a healthy lifestyle is hugely important.”

Siobhan, Nurse,
Hutt Valley District Health Board

Families moving and eating together: change begins at home

In the latter half of this year, we were successful in the Pre-School Active Families tender to provide support to families with a child identified as being overweight. New initiatives, expansions to the existing Active Families team and new relationships with stakeholders were some of the key changes for 2017. The establishment and appointment of the new role Child and Whānau Lead, generated a rise in the engagement of key health stakeholders; Plunket, paediatricians, Primary Health Organisations and District Health Boards, who are also working towards improving childhood obesity statistics.

In 2017, Active Families doubled the number of children they engaged with, compared with 2016. In 2017, 203 children and their families were supported with regular contact and home visits. 66% of the children were Māori or Pasifika. Regular group activities were held in Porirua, Johnsonville, Upper Hutt, and Wellington, as well as short courses aimed at engagement and education.

Looking forward, the team has an important role in assisting medical professionals to promote Pre-school Active Families to parents of 3-5 year olds with weight concerns.

Katie Siueva
Lead - Child and Whānau

Live Stronger for Longer

After a successful tender process in 2016, Sport Wellington was awarded the contract as Lead Agency for Community Strength and Balance for the greater Wellington region. This is a collective project between Accident Compensation Corporation, Health Quality Safety Commission and Ministry of Health.

The objective of the initiative is to support people to Live Stronger for Longer in their own homes by reducing the incidence and impact of falls. Our role is to increase opportunities for older people to access approved Group Strength and Balance classes in their community by building the capability and capacity of local providers throughout the greater Wellington region.

Jessica Thompson
Lead - Older Adult



Supporting families and inspiring change



Through Active Families, Segā enables children and families to explore ways they can live healthier lives. The family’s involvement with Segā is bound by shared values of trust, care, health and whānau. These values allow for the relationship to grow and the families to make healthy changes in a safe, nurturing way. Segā plays an essential role inspiring change and commitment from the families of the children referred.

The changes that Segā has seen as a result of her involvement make this role very rewarding. “I love my work simply because I value people and health. I love the fact that I work in the community and that the journey starts together – you cannot do it alone!”

Providing support through activities, workshops, phone calls and visits to the families, our Healthy Lifestyle Co-ordinators educate families about the positive effects of living a healthy lifestyle through play, sport, movement and nutritious food.

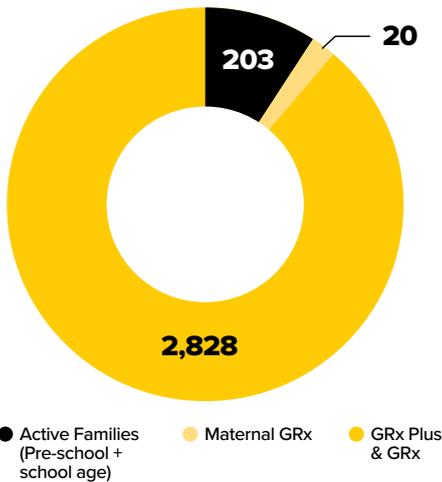
Segā Elise
Healthy Lifestyles
Co-ordinator



Active Families Johnsonville cooking session.

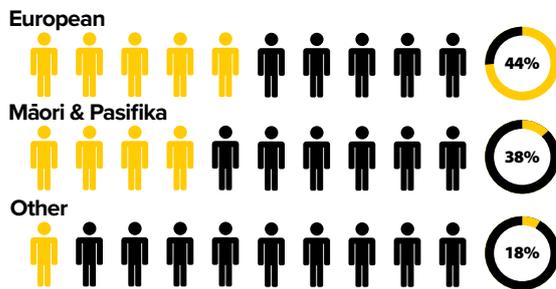
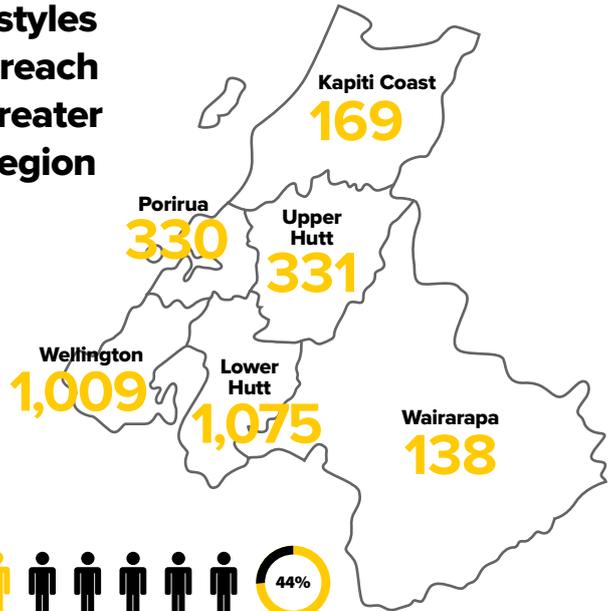
2016/17 Green Prescription Programme Statistics

2016/17 Delivery



25%
increase in face-to-face
GRxPlus in 2017

Healthy Lifestyles programme reach across the greater Wellington region



Age range: **3 - 93 years**

130 referral organisations

HIGHLIGHTS



Successful tender for Green Prescription: Maternal, Adult, Preschool Active Families and Active Families



The Healthy Lifestyles Team grew to a team of 17 to support the new contracts



Successful tender for ACC's Community Group Strength and Balance Project (3 years)



Successful Active Families pilot programme with Wellington City Council



Development of a three DHB Green Prescription advisory group

Through our improved stakeholder relationships and increased referral options we have had a total engagement of

3,051

Community Sport



We aim to increase engagement, enjoyment and lifelong participation.





The physical literacy approach recognises and responds to the needs of individuals as they change throughout their lifelong involvement in sport and active recreation. During the past year the **Community Sport** Team has led the integration of physical literacy into the work we do within sport, health and education settings.

Physical literacy: a journey from the beginning

The five Early Childhood Centres who received in-depth support through professional development and whole-of-centre capability building have embedded the physical literacy philosophy into their culture. Early childhood educators representing 38 different Early Childhood Centres from across the wider Wellington region attended the Thrive Under-Five workshops, run by Sport Wellington in collaboration with the Heart Foundation, and learnt of the benefits of adopting a physical literacy approach when providing meaningful experiences and creating an active disposition for the children at their centres.

“Thanks to Amanda and Tania from Sport Wellington we added to our skills as teachers with more learning experiences to share with the children. We use the information to support skills and learning for both children and to share with parents”.

Community Kindy Melling
Head Teacher, Lyvania Stothers

Capable and confident teachers

Sport Wellington has worked with 17 primary schools providing in-depth support and teacher professional development using the SportStart programme to build teachers’ confidence and capability to deliver quality Physical Education lessons that align with the physical literacy approach. Schools have been offered development opportunities through a number of workshops focusing on key fundamental skills influencing a total of 105 participants.

“[We are] consciously deciding to have no outside providers deliver into the school during school time as it detracts from the quality PE that teachers can be providing to their students.”

Cardinal McKeefry School
Principal, Tania Savage

One of the results of this work is that schools are now more confident in evaluating external sports providers to ensure they are providing meaningful experiences for their children.



17
schools



189
teachers



4,118
children

Capable confident coaches

Good coaches inspire people to get active and stay active. They also guide others on a journey of improvement and encourage positive thinking, teamwork, resilience, a good work ethic, and respect and love for the game.

Through a partnership with College Sport Wellington, we provided 350 secondary school student coaches with





the opportunity to learn how to confidently teach fundamental sports skills using the physical literacy approach, to ensure that the athletes they coach had a positive experience. Additionally, 100 community coaches attended a generic entry level course for first time coaches or those interested in coaching.

We have supported the growing network of Coach Developers across the Wellington region. Coach Developers play a crucial role in the way coaches are developed, supported and nurtured on the job. This network includes over 52 coaches representing a range of sports including basketball, football, hockey and golf.

Confident capable people leading strong organisations

The Community Sport Team also partners with Regional Sports Organisations with particular emphasis on building capability in governance, strategy, management, sport pathways, barriers to young people's engagement and whole of sport understanding. This year we worked in-depth with Capital Hockey, Wellington Rugby League, Tennis Central, Capital Basketball, Wellington Rugby and Netball Central Zone.

With the continuation of targeted networking forums this year we have seen connections strengthen across the Wellington sport community and the opportunities created to support one another has been just one valuable outcome of many that has stemmed from the formation of this network.

Capable communities

With an approach from the community angle, we have taken a lead role in developing community readiness for a locally led approach, which will see opportunities for greater participation in sport and recreation within and for the community begin to expand. Sport Wellington has identified a number of communities of interest within our region, with a focus on Eastern Porirua and Otaki over the last 12 months, strong partnerships with the community have been and are continuing to be formed.

The locally led approach is about growing collective success through a shared vision and common agenda. Sport Wellington is currently the backbone support organisation that will ultimately lead from the side once community capacity has grown.

Community Sport Team

Patrick Simpson,
Community Sport Manager

Community Sport Advisors:

Amanda Taylor
Andy Morris
Georgina Duindam
Tania Bartley

Kelly Curr, Community Coach Advisor

Mark Shanks, Community Engagement Advisor

Kevin Wilson, Leadership and Governance Senior Advisor

Mark Watson,
Performance Hub
Senior Advisor



The physical literacy approach recognises and responds to the needs of participants as they change throughout their lifelong involvement in sport and active recreation.

Nurturing successful people

The Sport Wellington **Performance Hub** impacts on the key components that make up the New Zealand sport and recreation system i.e. the athletes, coaches, parents, administrators and sporting organisations at national, regional and local levels.

The Hub's programmes provide learning opportunities, interventions and initiatives for the sport sector's 'performance' stage (pre-elite, talent identification, development), but also connects with community sport. We recognise the part that this plays in attracting and retaining a large number of athletes, coaches and parent volunteers - from which a percentage can then be developed into high achievers.

A key objective of the Performance Hub is to nurture the development of successful people through sport i.e. helping people realise their potential and understand that the choices they make on a daily basis have a major impact for their future. Consequently the Hub runs a number of programmes aimed at increasing the self-awareness of coaches, athletes, parents and Regional Sporting Organisations in what it takes to be successful.

Access to expert advice

At a recent Pathway to Podium workshop with international facilitator, Wayne Goldsmith, athletes were presented with a number of scenario's that challenged their

comfort levels. "Competition at the highest level is not normal and requires people to make choices under extreme pressure, so in preparing athletes for the transition into the High Performance world we need to create situations that normalise the abnormal".

When Dr Ralph Pim (US based Sports Consultant) visited the Hub he outlined what success was, "it is a process of continued learning to be courageous when things are not going well". "The biggest competition you have is against yourself to become better" it is important for athletes to reflect on self, from this they will get a better insight into where their real competition lies - hence the importance of self-leadership.

These words were further reiterated by Dr Wade Gilbert (US Professor of Kinesiology) when speaking to Wellington's Performance Coaches "coach people first, sport second", "When one person teaches, two people learn".

These principles are what the performance hub has built its identity around – "everything we do are examples of best practice principles in action".

Background to greatness

An outcome of being successful

In recent years a large body of research has accumulated that suggests that the origins of greatness are extraordinarily complex. Instead of talent or practice, it's talent *and* practice. Instead of nature or nurture, it's nature *via* nurture. Instead of practice, it's *deliberate* practice. Instead of the causes of greatness in general it's the determinants of greatness specific to a field.

Greatness involves an array of aspects associated to genes, talent, intelligence, expertise, deliberate practice, creativity, prodigies, savants, mindset, passion, and persistence.

By definition very few people reach excellence in a domain, and no two paths are exactly the same. The fact that two people can obtain the same result through a very different route opens up an array of questions.



Stadium Sports Festival



Coaching is recognised as central to inspiring growth.

Coaches and Coach Developers play a critical leadership role in enhancing sports participation and performance.



Getting a chance to 'have-a-go'!

Since the SSF was introduced in 2004 more than 7,000 children and 140 schools have been involved.

The annual **Stadium Sports Festival (SSF)** was held in March at Westpac Stadium. A total of 549 year 5 and 6 students from 20 different schools took part in the event, where 18 sports provided 60 coaches and volunteers for the 20 stations.

The aim of the event is to provide primary school aged children with quality 'have-a-go' experiences in sports they may not have experienced previously but might want to play regularly either through school, KiwiSport programmes, or sport clubs.

Ideally the SSF gives sporting organisations an opportunity to showcase their sport to primary school children while creating a relationship with the participating schools to facilitate ongoing participation opportunities.

The day was enjoyed by all who attended, with schools identifying that their children had really enjoyed trying new activities such as fencing and AFL, while the sports involved welcomed the opportunity to

promote their sport to a new audience.

Time for a change

While the festival offers engaging experiences for all stakeholders involved, there are limits on the numbers of schools and children that can participate. This year, 20 schools attended but 54 schools applied to participate.

We believe that we can increase the reach of this experience by encouraging and assisting the development of locally-led

This year, 20 schools attended but 54 schools applied to participate.

festival opportunities, and therefore reach a greater number of students.

Why locally-led?

- If festival events are held locally, this will allow sports to form relationships with schools in areas that they are capable of reaching and engaging in, meaning there is more likelihood of children being able to continue their participation.

- Events being held across the greater Wellington area closer to where schools are will mean greater reach and an increased opportunity for participation.
- Local events will use local sporting facilities.
- More events will mean more opportunities for coaches to develop and be developed, thus increasing the positive experiences for children.
- Getting involved locally with a sport increases the chance of the child continuing to participate in sport (longevity).

So although the 2017 festival is the last to be organised by Sport Wellington, it isn't the end of the festivals! Locally led delivery is critical to the up-take and sustainability of participation in sport and active recreation. Lower Hutt, through Hutt City Council already hold their own local event and Hutt Valley DHB have held discussions with Sport Wellington about holding a 2018 event in Porirua. We encourage other areas within the region to do the same. We have the model, the templates and the processes, and will assist new providers with the hand-over.

We look forward to working with you and seeing even more children getting the chance to 'have-a-go'!



Locally led delivery is critical to the up-take and sustainability of participation in sport and active recreation.

Our people our game

“To tatou iwi ta tatou kēmu”

The core focus for **Sport Wellington Wairarapa** over the past 12 months has been strengthening our relationships with sporting organisations and key stakeholders in order to have greater influence on decision making for grass roots sport. Our approach, Our People Our Game, is about developing people so that there is greater ownership, sustainability and pride in the delivery of sport for our community.

Student coaches - leaders and role models

Chanel College Senior A netball team mates, (shown below) are four students who have co-coached the Chanel Heart junior netball team for two consecutive seasons. Having four coaches might sound like a recipe for confusion but the opposite has been proven true. They understand each other's strengths and are proud of their profile as leaders and role models. “This is our second season with some of the girls so they're used to having more than one coach and hearing more than one voice,” says Janie.

In May 2017 all four girls attended the Getting Started in Coaching course delivered by Sport Wellington and immediately incorporated the learnings into their coaching style. “We encourage

feedback on games and drills and the girls are comfortable enough with us to respond honestly,” says Lucy. It is this honesty coupled with an innate understanding of the physical and emotional challenges of teen girls that has made the coach/player relationship a strong one.

Establishing a sustainable sporting system

Wairarapa secondary schools continue to have the highest participation rates in the country. NZSSSC national data shows that 71% of secondary school students in the Wairarapa play sport for their school. Anecdotally Wairarapa primary schools tell us that 90%, if not more, of their students play sport for either a club or school. In order to sustain participation at this level, sport requires more volunteers and more coaches.

Our work in the secondary school space has allowed us to leverage off this relationship, and those with our RSOs, to encourage college students to enter onto the coaching pathway, developing student volunteers as coaches and helping to build a sustainable sporting system.

In May 2017, 32 students took part in our Secondary School Coaching Day. The course equipped them with skills to

provide a positive experience for those they're coaching.

One of the participants, Keanu Karaitiana, (year 12) has played basketball for many years. He likes coaches who are confident and can motivate players when they need it most. “Sometimes you look to the coach when your game is not going as planned. If they come up with another strategy you feel like you have another chance at turning the game around,” says Keanu. He feels the hardest part about being a student coach is dealing with your peers. “The team might not treat you as a leader because you're one of them.” Keanu thinks sport should be fun for everyone and not just the good players. He's learnt training doesn't have to be all about drills. “Just playing games can improve your skills”.

Dayle Clarkson

Regional Development Manager

The value of networking - setting up Martinborough FC

Paul Brandon had a lightbulb moment while watching his son play for Martinborough's junior football side last year. How great would it be if the juniors didn't have to play for clubs in other parts of the region once they got older? Paul started to talk about it with people and a year later on March 25th, Martinborough FC was officially launched.

Throughout the process Paul networked and established effective relationships with key people within the community and sporting landscape. He sought advice as to how to go about getting the club set up and, whilst waiting for his proposal to go through at Capital Football, he attended one of the Funding/Sponsorship workshops facilitated by Sport Wellington Wairarapa. This hour-long workshop proved invaluable in advising Paul how to approach Trusts for funding. “To be honest if I had known then what I know now I would have started a lot earlier!”



Partnering achieves amazing results

For the past three years, Sport Wellington Wairarapa has been working alongside the Wairarapa Cricket Association (WCA) and has seen amazing participation results with over 1,000 registered cricketers in the Wairarapa for the first time in 25 years.

Through Cameron Hayton, Sport Wellington Wairarapa's Community Sport Advisor, the partnership has focused on a number of projects including the creation of a strategic plan, a volunteer and funding plan, coach and player pathways, and a plan focused on developing women's cricket, all of which have helped WCA's growth and development.

Volunteers are highly valued and have contributed significantly to the success within Wairarapa cricket. There has been a massive growth in volunteers, with 139 people currently volunteering their time to coach, be on committees or the Board, and be managers, club coordinators, umpires, groundsmen, scorers, or administrators.

Some of the big successes of the partnership include the growth in Female

Strategies that have been implemented to make volunteers feel valuable:

- Volunteers plan
- Volunteer evenings
- Welcome packs
- WCA clothing
- Coach strategy at representative level
- Job descriptions (i.e. committee roles)
- Thank you letters

Cricket and implementing Back Yard Cricket. From a very low percentage of female participants, Female Cricket has supported massive growth over the past five years.

The Wairarapa is now known as 'the largest central district participation province for females', with 70% more registered players than the next largest district.

Sport Wellington Wairarapa and WCA worked to break down barriers holding back female participation, and improving involvement by concentrating on female values. Strategies included the implementation of new competitions specifically for females that focused on their needs, mother-daughter days, and female cricket working groups.

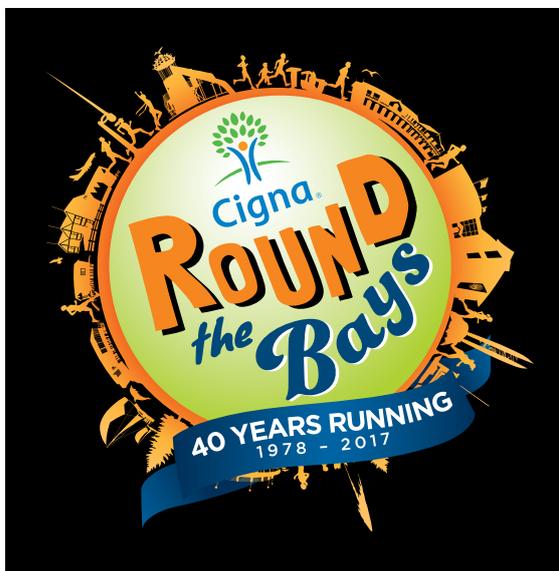
Back Yard Cricket was another big success. The initiative was designed by the WCA and created to increase cricket participation within secondary schools. Over the years, six of the seven Wairarapa secondary schools have received information and support, with more than 1,400 students participating in Back Yard Cricket during the course of two seasons.

The success of these initiatives in growing cricket participation in the Wairarapa has been outstanding and involvement continues to grow as Sport Wellington Wairarapa and the WCA continue to work together.



A collaborative approach between Sport Wellington Wairarapa and the Wairarapa Cricket Association has resulted in a massive increase in participation numbers.

Providing opportunities for participation and great experiences!



Cigna Round the Bays 2017

In its 40th year running, and with the greatest number of participants in the history of the event, Cigna Round the Bays 2017 provided the opportunity for our region to once again have an amazing experience getting active. The new and very successful Cigna led #STEPITUPNZ campaign created a motivation platform for participants to share their experience in the lead up to, and on, event day. It encouraged them to walk or run longer, harder, or faster than they had before!

With a participant satisfaction rate of 99%, we know this event created a positive experience for families and friends within our communities.

Anna Carrington
Event Director



Wellington Hospitality Group Sportsperson of the Year Awards 2017

The Wellington Hospitality Group Sportsperson of the Year Awards 2017 again created an excellent opportunity to celebrate the sporting success our region has experienced over the last year - and there was no shortage of sports, teams and people to celebrate! With over 200 nominations received, 12 awards were presented, as well as the induction of Jeremy Coney, Bryan Rose and Jean Jarden into the Sports Legends of Wellington.

The 710 attendees were treated to interviews from both Jeremy Coney and the events Master of Ceremonies, Eric Murray - an experience many took away as a highlight of the evening.



Official of the Year
Ben O'Keeffe, Rugby

Volunteer of the Year,
Amanda Goldsmith, Athletics

Trish Mckelvey Leadership
Sue Geale, Netball

Club of the Year,
Red Star Cricket Club

Personality of the Year
Damien Ekenasio, Basketball

Emerging Sportsman
Lewis Clareburt, Swimming

Emerging Sportswoman
Tiana Metuarau, Netball

Team of the Year
The Hurricanes

Coach of the Year
Chris Boyd, Rugby

Disabled Sportsperson of the Year
Mary Fisher, Para Swimming

Sportsman of the Year
Beauden Barrett, Rugby

Sportswoman of the Year
Mary Fisher, Para Swimming

2017 Supreme Winner
The Hurricanes

The walks highlighted the many opportunities provided in the fantastic green spaces suitable for buggy walking throughout the Wellington Region.



Mitre 10 MEGA Buggy Walks

Our monthly Buggy Walk series has taken place all around the region over the last year. The Buggy Walks aim to create positive meaningful experiences for parents, caregivers and young children through getting active in a social environment.

Despite somewhat challenging weather conditions, the 2016 October MEGA Buggy Walk was again a highlight of the series. Held in the stunning setting of the Wellington Botanic Garden it was a great way to celebrate the beginning of our sponsorship partnership with Mitre 10 MEGA Petone, Porirua and Upper Hutt.

Thank you to our 2016/2017 event sponsors



Proudly organised by Sport Wellington since 1999



Enter online today
cignaroundthebays.co.nz

Sunday 18 February 2018

The Wellington Regional Sports Education Trust

Statement of Financial Performance

for the year ended 30 June 2017

	2017	2016
	\$	\$
Revenue from non-exchange transactions		
Government grants	808,671	561,049
Sport NZ funding	1,192,405	1,234,680
Other grants	779,893	721,914
Sponsorship revenue	234,451	182,196
	3,015,420	2,699,839
Revenue from exchange transactions		
Event fees	429,054	387,159
Interest revenue	47,344	68,273
Rental revenue	45,649	46,495
Resource sales revenue	18,990	27,963
Other revenue	47,682	59,288
	588,719	589,178
Total revenue	3,604,139	3,289,017
Expenses		
Employee related costs	2,281,571	2,084,947
Resources	53,752	64,013
Vehicle expenses	41,721	37,667
Promotion and communication	204,610	185,761
Programme delivery	599,049	516,518
Corporate expenses	267,130	254,806
Depreciation	64,085	59,063
Other expenses	5,003	5,150
Total expenses	3,516,921	3,207,925
Total surplus/(deficit) for the year	87,218	81,092
Total comprehensive revenue and expenses	87,218	81,092
Total comprehensive revenue and expense for the year	87,218	81,092

These financial statements should be read in conjunction with the notes to the financial statements.

The Wellington Regional Sports Education Trust trades as Sport Wellington.

Sport Wellington thanks Grant Thornton New Zealand Audit Partnership, Chartered Accountants

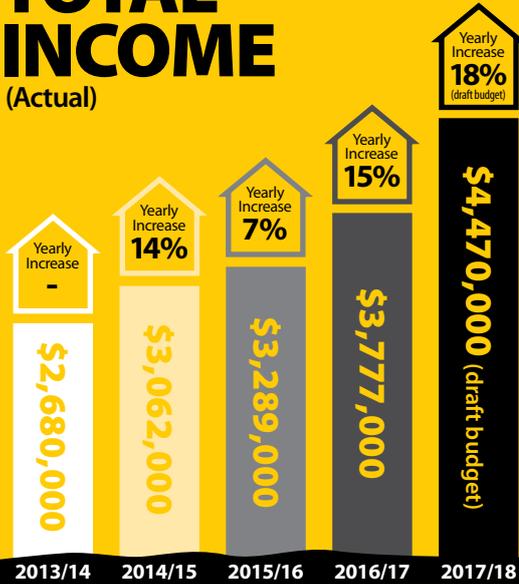
FINANCIAL DATA

Actual & Budgeted 2013/14 - 2017/18



TOTAL INCOME

(Actual)

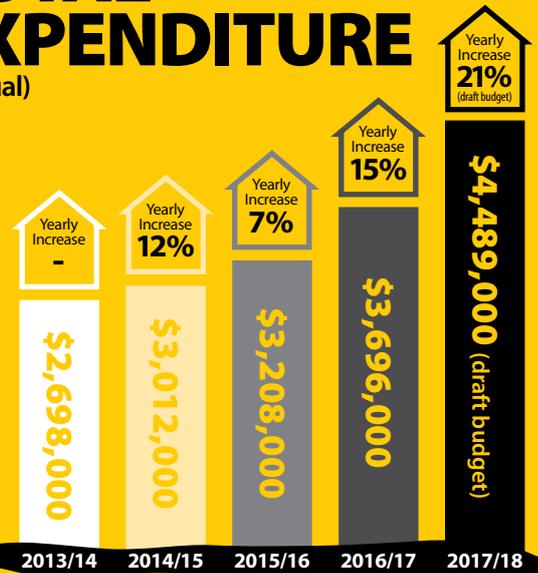


Note: increase in 17/18 linked to health income/ grants/council funding

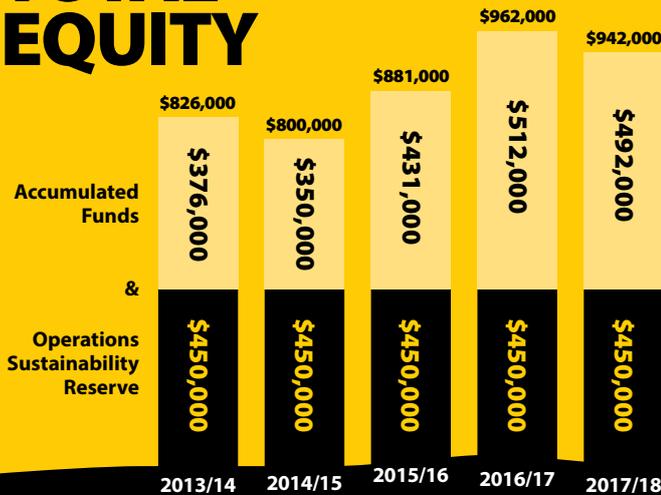


TOTAL EXPENDITURE

(Actual)



TOTAL EQUITY

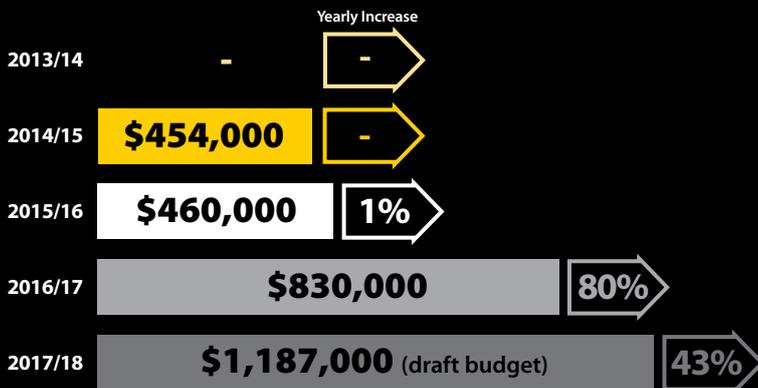


Sport Wellington turned

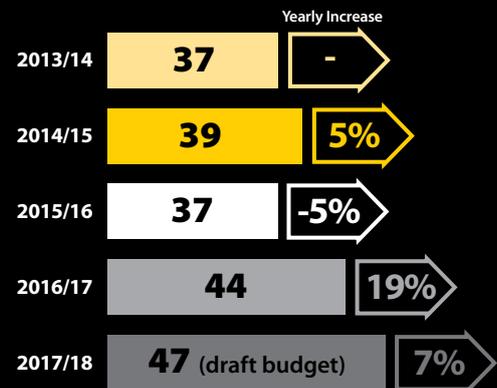
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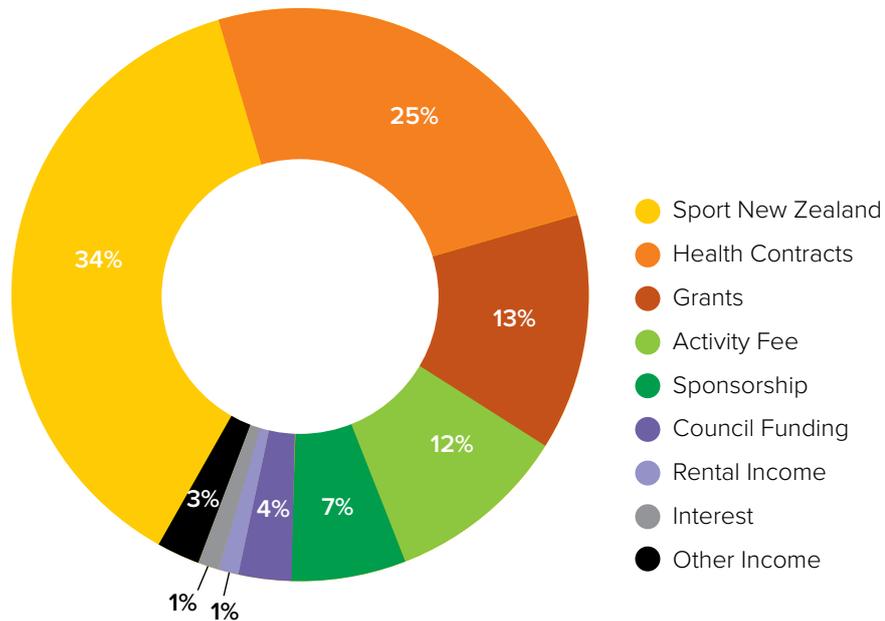
HEALTH EXPENDITURE



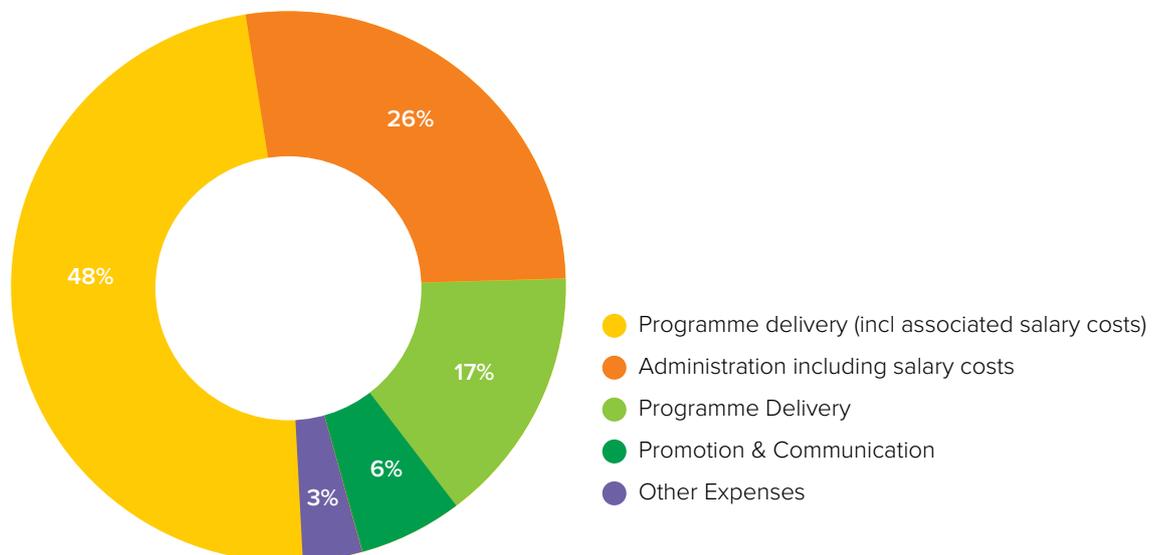
STAFF NUMBERS



Total Operating Income 2016 - 2017



Total Operating Expenses 2016 - 2017



- Total Operating Income for 2016 - 2017 \$3,604,139
- Total Operating Expenses for 2016 - 2017 \$3,516,921

Please refer to Statement of Financial Performance for Year Ended 30 June 2017 for detailed information

The Wellington Regional Sports Education Trust

Statement of Financial Position

as at 30 June 2017

	30-Jun-17 \$	30-Jun-16 \$
Current assets		
Cash and cash equivalents	300,412	253,184
Cash - Kiwisport Funding	995,375	903,572
Investments	839,967	589,967
Receivables from exchange transactions	40,405	55,829
Receivables from non-exchange transactions	383,762	399,788
Prepayments	16,299	24,050
	2,576,220	2,226,390
Non-current assets		
Property plant and equipment	148,644	139,946
	148,644	139,946
Total assets	2,724,864	2,366,336
Current liabilities		
Trade and other creditors	267,267	229,981
Employee entitlements	103,398	86,127
Finance lease liability	-	4,604
Revenue in advance from exchange transactions	285	230
Revenue in advance from non-exchange transactions	390,214	260,715
KiwiSport non-operating funds	995,375	903,572
	1,756,539	1,485,229
Non-current liabilities		
Finance lease liability	-	-
	-	-
Total liabilities	1,756,539	1,485,229
Net assets	968,325	881,107
Equity		
Accumulated comprehensive revenue and expense	518,325	431,107
Operations sustainability reserve	450,000	450,000
Total net assets attributable to the owners of the controlling entity	968,325	881,107

These financial statements should be read in conjunction with the notes to the financial statements.

The Wellington Regional Sports Education Trust

Statement of Changes in Net Assets

for the year ended 30 June 2017

	Operations sustainability reserve \$	Accumulated comprehensive revenue and expense \$	Total equity \$
Opening balance 1 July 2016	450,000	431,107	881,107
Surplus/ (Deficit) for the year	-	87,218	87,218
Other comprehensive revenue	-	-	-
Transfers	-	-	-
Closing equity 30 June 2017	450,000	518,325	968,325
Opening balance 1 July 2015	450,000	350,015	800,015
Surplus/ (Deficit) for the year	-	81,092	81,092
Other comprehensive revenue	-	-	-
Transfers	-	-	-
Closing equity 30 June 2016	450,000	431,107	881,107

These financial statements should be read in conjunction with the notes to the financial statements.

Board of Trustees and Staff

for 2016/17

Board of Trustees

Chair

David Clarke

Trustees

Clare Elcome

Darrin Sykes

Darren Rewi *

Grant Baker

Grant Richardson

Karen Aitken

Lorena Stephen

Nicola Airey

Deputy Chair

Paula Tesoriero

Sport Wellington Staff as at 30 June 2017

Chief Executive

Phil Gibbons

General Manager

Tracey Diack

Support Services

Allison Yannakis

Caitlin Boyd *

Francois Cuccurullo *

Kelly Newbold *

Molly Humphreys *

Paul Abbott

Ryan Palmer

Commercial Development and

Marketing

Ian Rogers *

Kirsten Kilmister

Nick Johnston

Events

Anna Carrington

KiwiSport

Peter Woodman-Aldridge

Community Sport

Amanda Taylor

Andy Morris

Georgina Duindam

Ian Austin*

Julie Cooper *

Kelly Curr

Kevin Wilson

Mark Shanks

Mark Watson

Michelle Hayward #

Patrick Simpson

Tania Bartley #

Insights, Evaluation and Support

Julie Moularde

Regional Development

Nicky Sherriff

Volunteer Strategy

Ken Allen

Healthy Lifestyles

(Known as Active Communities until Jan 2017)

Aaron Beamsley

Amanda Rota

Ashleigh Baker

Caroline Gordon *

Hoani Siueva

Jacqui Smith

Joanne Gimblett

Katie Siueva

Louise Curtiss

Nitasha Walia

Peta McMillan

Sega Elise

Steph Reichardt

Stewart Guild

Susan Burns

Toshy Rapana

Sport Wellington Wairarapa

Anna Garnett

Cameron Hayton

Dayle Clarkson

Deanna Forsyth *

Kerewai Tatana

Sydney Cunningham

* Left the organisation during the period of 30 June 2016-1 July 2017

on maternity leave

The overlap between sport, active recreation, education and health is the way of the future

Chair's Report

The pages of this annual report tell the story of Sport Wellington over the last 12 months much more eloquently and fully than I could hope to do. The examples and stories of the work of the dedicated and talented team at Sport Wellington reflect the significant impact the team is having on individuals and organisations in the Wellington region. They also reflect the breadth of the work Sport Wellington undertakes, from sport and recreation to health, education and regional development.

Sport Wellington is committed to identifying where its goals and outcomes overlap with those of other organisations, regardless of sector, and working with those organisations to increase efficiency and effectiveness and achieve more with the available funding. That philosophy underpins Sport Wellington's continued and expanded role in GRx and its work with ACC on falls prevention. The overlap between sport/active recreation and health is obvious and there are significantly more opportunities to work together to achieve shared outcomes. Similarly, Sport Wellington's partnerships with schools and

early childhood centres provide a basis for improving health, education and sporting/active recreation outcomes.

Other significant achievements of the last year include the development and adoption of Living Well (the Wellington Regional Sport and Active Recreation Strategy) and the development of the volunteer strategy – the latter reflecting Sport Wellington's commitment to helping organisations build capability and capacity in one of the most important areas within the sport and active recreation sector.

Sport Wellington has also continued working on our "back of house" strategic priorities, culminating this year in being the first recipient of Sport New Zealand's QualMark for Good Governance. We were delighted to receive the award which reflects Sport Wellington's commitment to leadership in the Wellington region.

Once again, this year the other board members have provided superb leadership and support to Sport Wellington. Our partners, supporters, sponsors and funders have provided us with the ability to realize the opportunities we see to make a

difference in the Wellington region and we are very grateful to them and value those relationships highly.

The greatest thanks go to Phil and his team who continue to deliver on the Vision and Strategic Goals of Sport Wellington as well as challenging themselves and the board to make Sport Wellington better everyday. The achievements of the year are, as always, the result of our fantastic staff. They have once again performed exceptionally despite how hard we were all hit by the tragedy of Peter Woodman-Aldridge's death. Peter was a huge part of the culture and fabric of Sport Wellington. His absence continues to be keenly felt and the team is committed to continuing his work and building on his legacy.

David Clarke

Chair - Board of Trustees



Receiving the Good Governance Mark - Minister Jonathan Coleman, Sport Wellington Chair David Clarke, Deputy Chair Paula Tesoriero, CEO Phil Gibbons and Peter Miskimmin CEO Sport NZ

“Sport Wellington is committed to identifying where its goals and outcomes overlap with other organisations regardless of sector and seeking ways to increase efficiency and effectiveness and achieve more with the available funding.”

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