

# 2023 Sport Development Programme

**Absolutely Positively  
Wellington City Council**  
Me Heke Ki Pōneke

**Nuku Ora**  
An active Wellington region

## What is the aim of the Sport Development Programme?

The Wellington City Council Sport Development Programme is designed to empower young Wellington athletes to actively pursue their goals in sport and in life. Guided by the *Balance is Better* principles, this programme focuses on the holistic development of the athlete and supports them in striving to realise their potential.

## What does the 2023 Programme look like?

Wellington City Council and Nuku Ora have reviewed the Sport Development programme over the past few months and determined that we'd like to see more sports and athletes accessing the programme to increase the reach to include more rangatahi. On that basis the 2023 programme will provide an opportunity for both regional sports organisations and individual athletes to apply to be involved with the programme.

### 1) Regional Sports Organisation Programme

The programme, which is funded by the Wellington City Council (WCC) and overseen by Nuku Ora, grants money through an application process to selected regional sporting organisations to assist them with costs associated with youth development and progression in their sport. The costs applied for should integrate and support established and pre-existing programmes/pathways, targeting emerging athletes' year 11 and above.

### 2) Individual Athlete Programme

Alongside funding for regional sports organisations this programme offers the opportunity for individual athletes to apply to receive the following services facilitated by Nuku Ora:

- Individual Performance Plan (IPP) via Raise My Game Training
- Access to movement screening (If required from IPP)
- Access to Health & Wellbeing workshops
- Access to Mental skills workshops
- Talks from current professional/elite athletes (TBC)
- Access to strength and conditioning fundamentals (If required from IPP)

These athletes will be identified by schools, clubs and RSO's and asked to put forward an application (see WCC Athlete Information sheet and application form for further information.)

## Regional Sports Organisation Programme overview

### How does the Regional Sports Organisation Programme link to the Athlete Development Programme?

Athletes signed up to your sport specific programme will be able to access all the opportunities provided by the individual athlete development programme. This means sports will not have to look to provide their own Sport Psychology workshops etc which may have been a major budget item for sports in the past.

### How much funding is available?

Successful organisations can receive funding up to \$2,500, which will be managed by Nuku Ora.

### What can the funding be used for?

The funding can be used for athlete, coach, and programme development across a range of areas such as performance planning, innovation, analytics and strength and conditioning support, mental skills support, coaching workshops, training camps and character development. The funding is given to sports to develop internal capability and support their programme and pathways.

### What can't the funding be used for?

Funding is not given to individual athletes for travel to events and competitions

### How does the programme link to Balance is Better?

Wellington City Council are active supporters of the Balance is Better (BiB) philosophy that has been developed by the NZ sport system (e.g., sport organisations, leaders and administrators, schools, clubs, coaches, parents, and volunteers) to support the culture change needed to provide quality sport opportunities for tamariki (5-11) and rangatahi (12-18). See [www.balanceisbetter.org.nz/about/](http://www.balanceisbetter.org.nz/about/) for more information.

The Sport Development Programme requires a focus on four specific BiB principles:

Balance is Better Principle	
Safe, fair, and inclusive	All New Zealanders have the right to participate in sport in a safe, fair, and inclusive environment
Quality experiences, regardless of ability or motivations	All young people should receive a quality sport experience, irrespective of the level at which they are involved.
Skill development for all	All young people should be offered participation and skill development opportunities
Balance getting better with doing too much	Adults need to proactively monitor and manage the workload (intensity and volume) of motivated young people to mitigate the risks of overtraining and overloading

We have highlighted the 'Balance getting better with doing too much' principle as a crucial one within this programme as it is highly likely that your athletes will be involved in multiple sporting activities over 2023 so it will require management from the adults involved in that person's sporting environment.

## Application process

- Apply for the Sports Development Programme (Template below) by Friday 17 February 2023
- An advisory panel comprising representatives from WCC, Nuku Ora, CSW/Sport NZ will evaluate the applications.
- Applicants will be notified of the result of their application within three weeks of the application deadline. If further information is required by the advisory panel the applicant will be notified.
- Successful applicants will be required to meet with Nuku Ora to develop a finalised plan and budget for the funding. This plan will then be monitored and tracked by Nuku Ora.
- Applications should be submitted via email to Graham Witts at [grahamw@nukuora.org.nz](mailto:grahamw@nukuora.org.nz) with the subject line “Application - WCC Sport Development Programme”

# Application

## Instructions

1. This Expression of Interest (EOI) should give WCC and Nuku Ora an overview of the project for which you seek funds. This EOI should provide WCC and Nuku Ora with **key information** only. If you wish to supply additional information you may be given the opportunity to do so at a meeting with the advisory panel.
2. The advisory panel will contact you with questions in advance of the meeting if the EOI does not provide enough information.
3. Please type all responses into this document.
4. All applications will be assessed using the following criteria – listed below. Please consider these criteria when completing this executive summary and preparing your presentation.
  - Ability of the sport (through NSOs and RSOs) to contribute to the development of athletes and coaches through long-term planning.
  - Confirmation that the athlete(s) lives in Wellington. 80% of athletes are required to live in Wellington City.
  - Ability of coach(es) to develop athletes within an integrated sport development pathway.
  - Capability and capacity of organisation to be able to implement and maintain the programme throughout the year.
  - Availability of athletes, coaches, and support personnel to implement the programme.
  - Ability and commitment to integrating programme into established and pre-existing structures.
  - Ability to demonstrate an understanding of holistic athlete development and practical application(s) of the *4 Balance is Better* principles outlined in the information sheet
  - Ability to monitor and track progress against established outcomes/outputs.
  - Identification of risks that might prevent success, and how these would be avoided.
  - Identified outcomes you expect to achieve and how will these be specifically measured.
  - Ability and willingness of the organisation to engage with Nuku Ora regularly and consistently
5. The submission of an application does not guarantee the applicant will be successful.
6. **The application is due by 17 February 2023.** An electronic copy of your application should be sent to Nuku Ora Community Development Lead - Graham Witts at [grahamw@nukuora.org.nz](mailto:grahamw@nukuora.org.nz)
7. **Graham Witts is also available prior to the due date to discuss your application and or any queries.**

# Sport Development Programme Application

The purpose of this template is for the organisation to outline how the Wellington City Council Sport Development Programme fits within the objectives, outcomes, measures, and timelines of the organisation's current systems and structures.

**Programme Title** <specific to investment or overarching programme>

**Organisation:** <name>

**Programme Lead/Contact:** <name, position>

## Programme Description

<briefly outline the project as related to the NSO's and RSO's Sport Development Programme i.e.,

- strategic objective
- links to your NSO or RSO Strategic Plan
- contribution to the NSO's coach/athlete pathway
- who will be responsible for the day-to-day management of the project
- why the project will help to identify and unveil a person's potential>

**Programme Aim**

<clearly state the aim of the project>

**Programme Outcomes**

<Bullet point the outcomes of the project. Related to above strategic objectives, NSO/RSO Sport Development Plan >

<Where possible include measurable outcomes >

## **Total funding requested**

< \$\$ funded by Sporting Organisation towards project >

< \$\$ WCC Sport Development Programme investment sought >

These amounts should be aligned to the draft Programme Budget below

## **Programme Plan**

Produce a high-level project plan outlining the key steps and milestones in the project for 2023.

## **Draft Programme Budget**

Produce a project budget outlining the key expenditure items and income streams for 2023 if deemed appropriate to the success of the project. Please note that this is a draft only – successful applications will be required to sit down with Nuku Ora to finalise a budget.

Please state your programme plan on the next page.

## Programme Plan

A large empty rectangular box with a black border, intended for the Programme Plan content.



**Draft Programme Budget**

A large empty rectangular box with a black border, intended for the draft programme budget content.

How will your programme specifically respond to the Balance getting better with doing too much' principle.  
(Adults need to proactively monitor and manage the workload (intensity and volume) of motivated young people to mitigate the risks of overtraining and overloading)

# Identification of Athletes/Coaches

In the table below identify the athletes/coaches you propose to include in your development programme. We recommend that you **limit the number of athletes involved to a maximum of 15, and a minimum of 10**, otherwise the resources and funding available become diluted generating limited value. Please also identify where they live in Wellington. 80% of athletes required to live in Wellington City.

(Note if you are unable to identify your athletes/coaches please define the criteria you propose to use to select programme participants)

Name	Year Group	Gender Information (Female, Male, Non-binary, gender fluid, gender non-conforming or gender queer, prefer not to disclose)	Suburb athlete lives	Current squad/Identified by RSO/NSO


**Additional supporting information**

Is there any additional information that should be considered in assessing your proposal for support?

## Contact details

Sports organisation	_____		
Street address	_____		
Postal address	_____		
Website	_____		
Key Project Contact	_____	Email	_____
Phone (day)	_____	Mobile	_____

## Signatures

It is important that we receive the signatures from your NSO and RSO in addition to the Programme Lead.

Signature of RSO – Programme Lead	_____	Date	_____
Name	_____		
Signature of RSO - CEO / GM/Chair of Board	_____	Date	_____
Name	_____		
Signature of NSO - HP Manager	_____	Date	_____
Name	_____		

### By submitting this form, you are confirming that:

- You have read and understood Wellington City Council’s Sport Development Programme criteria
- Any personal information supplied as part of the application is supplied with the knowledge and consent of the person to whom the information relates and for the purpose of assessing this application.
- Please ensure you submit **signatures from all three areas above** (Regional Sport Organisation Contact, CEO/GM/Chair Board of RSO and NSO Contact)

**Applications should be submitted via email to Graham Witts at [grahamw@nukuora.org.nz](mailto:grahamw@nukuora.org.nz)**

**with the subject line “Application – WCC Sports Development Programme” by 17 February 2023**