

## **Wellington City Council Sport Development Programme – Athlete Information form**

### **Background Information**

Wellington City Council have been investing in the development of aspirational athletes in the Wellington region for over 15 years via their Sport Development Programme.

The programme is designed to empower young Wellington athletes to actively pursue their goals in sport and in life by providing a programme that focuses on their holistic health and wellbeing alongside their sporting performance. The programme is overseen by Nuku Ora (formerly Sport Wellington) who coordinates and runs the programme in conjunction with Regional Sports Organisations and independent trainers and facilitators.

In previous years, the programme has worked directly with Regional Sports Organisations and their targeted athletes however in 2023 the programme is opening up to enable more athletes to be involved by also allowing individual athletes from schools and clubs to apply.

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

Wellington City Council have been an active supporter 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).

The Sport Development Programme focuses on four BiB principles:

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

For further information on the Balance is Better Philosophy go to the website:

<https://balanceisbetter.org.nz/about/>

## **What does the programme offer you as an athlete?**

This 10-month programme includes the following opportunities for athletes:

- Development of an Individual Performance Plan (IPP)
- Physical Movement screening (If required from IPP)
- Access to health & wellbeing workshops
- Access to mental skills workshops
- Access to strength & conditioning fundamentals (If required from IPP)
- Talks from professional/elite athletes from within Wellington region (TBC)

Alongside these opportunities for athletes, there will be the opportunity for their coaches to upskill in areas of knowledge that will benefit the athletes

### **Aims of the programme**

- To support a range of Wellington City athletes and sports in understanding all aspects of balancing life mixed with their sporting and life journey
- Offer resources, expertise and advice
- Enhance knowledge and involvement of Coaches, sports, and parents

#### **1) Eligibility Criteria: (“Wellington” refers to the 6 wards making up the Wellington City Boundary) – (see map provided)**

- Reside in Wellington, and is a member of, or affiliated to a Wellington based College, Club or Organisation, or represent Wellington at the date of this application.

**PLEASE NOTE: Wellington City Council will accept applications from athletes outside of Wellington City, but priority will be given to those inside the boundaries and a maximum allowance of 20% of successful athletes can reside outside the boundaries.**

- Submitted a complete application
- Year 11 – 13 (as of 1/1/2023)
- Currently performing, or aspiring to play/compete for your school or club’s first team, and/or representative, national or international level of competition

Should circumstances prevail, WCC/Nuku Ora may choose to consider applicants that fall outside of the stated criteria.

#### **2) Performance Services and Support:**

There are two main components to the service and support offered to athletes involved in the programme:

1. Performance Related Workshops
2. Group and Individual Services

Most of the servicing offered is centred on group services/workshops. These workshops focus on developing the athlete and coaches support service knowledge and increasing their understanding of the key principles of pre-elite training and performance. Athletes and coaches will have the opportunity to gain greater insight into a range of services, ensuring the foundations of a performance pathway are in place.

### **3) Cost of the Programme**

There is no cost for successful applicants – the programme is fully funded by Wellington City Council.

### **5) Group Services**

Workshops for the athletes will be tailored to the needs arising from the Individual Performance Plans. They could cover areas such as Mental Skills, Sports Nutrition, Emotional/Mental Health and Wellbeing, Strength and Conditioning.

### **6) Individual Services**

Individual Performance Plan

Physical Movement Screening if required from IPP

### **7) Athlete Requirements:**

By accepting the offer of joining the 2023 WCC Sport Development Programme an athlete agrees to:

- Optimise the services and support made available through the programme with enthusiasm and a growth mindset – you need to want to be part of it and to make the most of the opportunity.
- Attend ALL scheduled workshops and individual consultations unless agreed on with Nuku Ora as programme organiser due to a clash of dates/unavailability. (If you are unable to attend a session you must communicate this via email or phone **prior** to the session).
- Abstain from taking prohibited substances (knowingly or unknowingly).
- When required, cooperate with WCC/Nuku Ora in public relations and promotional activities.
- Commit to reading and replying to communication/correspondence with WCC/Nuku Ora
- Maintain positive behaviour and appropriate personal standards (as outlined in the contract that programme participants will receive).

### **8) Application Process:**

8.1. Athlete Application Forms must be completed in full by the athlete and then signed by the athlete (and their parent/guardian if under 18 years at time of application). The athlete must also ensure that their coach/athlete support completes the Athlete Support section

included within the Application Form. Coach/Athlete Support name and email contact details are a requirement.

**All applications must be received by 5pm Friday 24 February 2023**

8.2. WCC/Nuku Ora/RSOs will undertake a selection process via a panel. **Applicants will be informed by Friday 10 March 2023.**

5.3. Application enquiries from RSO's, athletes and coaches should be directed to Graham Witts the Programme Manager via [grahamw@nukuora.org.nz](mailto:grahamw@nukuora.org.nz) or phone 021 436 858

## **9) Selection:**

### **9.1 Selection Process**

Applications will be assessed and prioritised by an WCC/Nuku Ora/RSO assessment panel. The panel comprises representatives from WCC/Nuku Ora/CSW

National Sporting Organisations (NSO's) may also be consulted during this process where an RSO does not exist.

The Selection Committee may request an interview with an applicant and/or the applicant's coach as part of the selection process.

### **9.2 Selection Criteria**

All applications are evaluated against the following selection criteria:

- Endorsement and ranking from School/RSO and/or NSO
- Feedback from the athlete's respective coach/athlete support person
- Application quality
- Commitment to be able to participate in the programme
- Athlete enthusiasm and desire to be part of the programme and develop

### **9.3 Selection Outcome**

Nuku Ora will notify all applicants of the outcome of their application by **Friday 10 March.**