



## Coaching - Quality and Quantity

Through the KiwiSport consultation process the importance of a quality experience, which is significantly influenced by the coach, was reiterated i.e. the need for “good coaches that can build a young person up through sport” and “coaches with better attitudes”.

Coaches are enablers for school aged children to participate in organised sport. Coaches include parents, teachers, volunteers, other students and paid staff who contribute to the positive experience that children have. As identified in the New Zealand Coaching Strategy, all coaching should focus first and foremost on the needs of the participant or athlete being coached.

Critically, coaches working with children will;

- Nurture a love of multiple sports & active recreation
- Understand the needs of their participants according to their stage in the Athlete Pathway
- Focus on fun, participation & skill development
- Understand that they are in the business of creating not only better athletes, but better people.

Coaches play a vital role in providing participants with quality experiences at all stages of the pathway, leading to lifelong participation in sport and active recreation.

## Quality Intra and Inter-school Sport

Organised sport can happen within and between schools including before and after school and lunchtimes. This can include skill development and game play.

KiwiSport funding is already contributing to initiatives achieving this priority such as:

- Backyard Cricket (Wairarapa) – lunchtime ‘backyard’ cricket in secondary schools
- Primary School Cluster co-ordinators – working towards improving quality and increasing participation in inter-school sport

For Primary School Cluster co-ordinator applications the narrative or project plan should include an explicit acceptance of these conditions:

- That a cluster/zone sport plan (including consideration for health and safety) is drafted during 2016 to help planning for 2017 and beyond (Sport Wellington is able to assist with this if needed).
- That a police check is completed for the ‘sport co-ordinator’ every two years (and must be completed on appointment).
- That “KiwiSport” and “Sport Wellington” are promoted during programme delivery i.e. “KiwiSport funding through Sport Wellington”; this could be mentioned in promotional material and school newsletters when reporting on events.
- That the ‘sport co-ordinator’ position (or similar) supports all regional events including the athletics and cross-country events. Sport Wellington has an expectation of regional collaboration and contribution of support for regional events. This support may include attendance at two regional meetings and further assistance with the co-ordination of the events, and attendance at the events with any cluster/zone representatives (consideration of this condition should be included in your budget).

# Skill Development and Confidence Building

Skill development can include the development of fundamental movement skills and/or basic sport skills where structured learning and development occurs.

The development of fundamental movement skills and basic sport skills means kids are more likely to have the competence and confidence to participate in sport.

Confidence building can be built into projects and initiatives by identifying the barriers to participation for the targeted participant and showing evidence of quality programming, planning and evaluation to address those confidence related barriers.

Secondary School research completed by Sport Wellington/College Sport Wellington in 2012 showed that there was a significant gender difference, with 28.8% of girls saying 'lack of confidence' was a barrier compared to 16.0% of boys. The same barrier had a similar outcome with non-participants (29.6%) vs. participants (17.3%).

## Family and Community Engagement (particularly in low participation groups)

Family and Community Engagement is about targeting projects that create opportunities to engage with the wider community, especially in low socio-economic areas. This could include opportunities made up of festival days, family fun events or tournaments, have-a-go opportunities etc. (KiwiSport funding cannot be applied to one-off events but can include events as an end point of other programmes and activities).

This priority came predominantly from feedback received from students who wanted to be involved in more social, non-competitive opportunities with their friends and family that were of a shorter duration.

Students are looking for:

- Short seasons and/or short duration of programme
- More opportunities to have-a-go
- Opportunities structured around less competition and more on social interaction
- The timing to be on weekends or after school
- The location to be close to home and school
- Opportunities to participate with friends and family

We welcome projects where:

- social opportunities (i.e. less competitive), casual and/or have-a-go are offered
- low socio-economic communities are targeted
- parental involvement, transport and facility access barriers are addressed
- the setting is outside of school (but not exclusively)
- non or low participants are targeted
- evidence of understanding research and the needs of the target community is shown
- consideration of ethnic differences, needs, preferences and barriers to participate is taken into account.

## Females (10-18 years)

This targeted priority is aimed at females aged 10 – 18 years that are non-participants or have low participation in sport and recreation.

The New Zealand Young People's Survey report on sport and recreation in the lives of 15 to 18-year-old girls states "looking at the averages for all sports/activities shows that older girls do fewer sports/activities than both older boys and younger girls".

Additionally, the Sport Wellington/College Sport Wellington research on non-participation in secondary schools completed in 2012 showed that participation rates for boys (24.4%) and girls (18.6%) aged 11-14 who had taken part in at least one sport or recreation event this year, were lower than national results.

For this age group the top four things that they said would encourage them to play sport more often than they do now are:

- if they could play friendly games where it doesn't matter who wins
- if they were better at sports
- if they could try different sports before they decided what to play
- winter and summer seasons didn't overlap.