



Sport and Recreation News

June 2010

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Interesting Fact:

The simple act of walking requires the use of 200 muscles in the body. It takes around 40 muscles to lift your leg and move it forward.

Our collective thanks



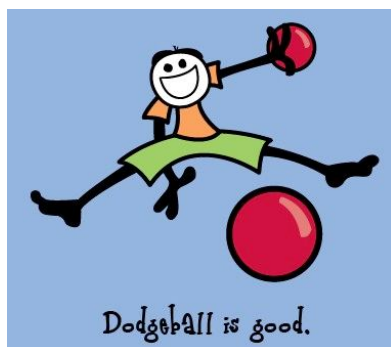
For supporting this newsletter

Mahurangi Community Sport Project

Our Push Play Collective has been working hard to improve our community's access to sport and recreation. Recently we were fortunate enough to be awarded Kiwisport funding to employ a Community Sports Coach and have added to this funding with contributions from our local primary schools, the Push Play Collective and our local Rugby and Athletics Clubs. The purpose of this role is to build better links between clubs and schools, increase participation in sport, build confidence in coaching and playing and offer free community sports for our primary school children. We have also designed the project to involve secondary school students as coaches and referees and better support parents in these roles as well.

We are lucky enough to have a fabulous Community Sports Coach, Simon Mills. Simon is a very experienced teacher and sports coach and already has become a great asset for the schools. The programme is designed to tailor to the needs of each school – working with different year levels, running lunchtime sessions, supporting the development of sports teams and helping teachers and parents to become more confident in coaching sport. We are reaching hundreds of children each week through Simon's in-school sessions and we have been running our first community module in Term Two which has been Ripa Rugby.

At present we have enough funding for our coach's salary but that is about all. We are seeking contributions to get Simon a vehicle, a uniform and more gear for his role. We hope that one day he can turn up in a ute loaded with fun equipment for all the schools to enjoy. If anyone in the community is interested in sponsoring this role or helping out with any aspect of the Mahurangi Community Sport Project, contact Bridget on 425 6649 or email warkworthpushplay@gmail.com.



TERM THREE DODGEBALL

Years 4 - 8

You will not want to dodge this one!
Fun, social Dodgeball competition

WHEN: Monday Afternoons from 3.30 pm

WHERE: Warkworth Primary School Hall
Gold Coin donation.

Keep an eye out for more information in
Week One of Term Three.

Warkworth & Districts Push Play Collective Inc

A collaborative community partnership to build connected active communities

Telephone: 425 6649 Email: warkworthpushplay@gmail.com

www.sportsground.co.nz/warkworthpushplay



Sport and Recreation News

What's on in Our Community

As well as our Community Sport Project, the Push Play Collective is working on promoting recreation and getting out there and being active. We are also working on activity calendars for different age groups, starting with our preschoolers. Check out our preschooler Activity Guide on the website or email us for a copy.

Start Up Sessions

Harbour Health has now joined with Snells Beach Physiotherapy to deliver a new low cost exercise class for all fitness levels. **Classes are at the Physiotherapy building on Mahurangi East Rd (in the same block of shops as the Fire Station and the Pharmacy) Wednesday Nights at 7pm from the 2nd June.** Led by a personal trainer and in a circuit style format, these "Start Up Sessions" are great for anyone wanting to get into the habit of regular exercise or to add a bit extra to their current routine. Beginners welcome! Sessions are designed for individuals to work at their own pace and also offer nutrition advice and information about other activities to try in the community. For more information and session times call Bridget 425 6649 or email bfamiloe@harbourhealth.org.nz

Women's Wednesday Walking Group

If you are a woman and interested in being part of the group, contact the Womens Centre on 425 7261. The group will leave from the Women's Centre on Alwick St on Wednesdays at 10am and is a free activity.

Notice Board

If you have anything for the Push Play notice board at Snells Beach, email it to us or post to Warkworth Push Play at PO Box 41, Warkworth.

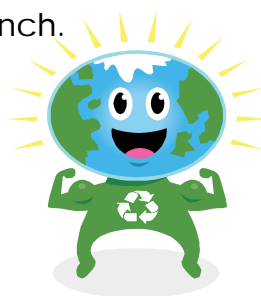


Support for Coaches – You are not alone out there!

As part of the Mahurangi Community Sport Project we will be offering a coaching workshop in Term Three. For parents, teachers and anyone who considers themselves an amateur coach. We will cover the basics on how to get the most out of your teams and players and give you some general activities you can do with your players. More information next term so keep an eye out or contact us for more details.

What do kids enjoy most about playing sport? (Peter Corcoran 2010)

1. Improving their skill level.
2. Playing, using the skills of the sport.
3. Having a good relationship with the coach.
4. Being in the team and not on the bench.
5. Competing and trying to win.
6. Having an excitingly close game.
7. Being with friends.
8. Wearing the correct uniform.
9. Beating their opponents.
10. Getting medals and trophies.



Food for thought? Let's get out there and get our community enjoying more sport and active recreation.

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