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Active Christmas presents

How about making this an active Christmas by giving presents that encourage your family to go out and do things. Here are some generic ideas courtesy of Sport Manawatu plus a few local suggestions:

- **Bikes** are a great gift for anyone young or old. They can be used recreationally for a bit of fun, used for commuting or to take part in events such as Bikewise month. The Wheely Good River Bank Ride on 20 Feb will be combined with a bike to the barbeque instead of a Bikers Breakfast. By having it as an evening event it should enable more people to come. Bikes are great to for doing the Garden Trails – no parking hassles – no hot car to return to.
- **Trampolines** are a gift that kids will use over and over and over again - plus it will keep them out of your hair for hours on end. (I don't know how Santa gets these down the chimney or through the heat pump!).
- **Gym memberships** make a great gift and can really help people keep those New Year's resolutions. Other exercise could come under this heading as well e.g. Pilates, Yoga or a ten trip ticket to the pool.
- **Hula hoops**, skipping ropes, hop scotch and elastics! All of those games you used to play when you were young are making a comeback. There are some giant Frisbees available at the moment that are great for down at the beach.
- **Wii game**- this is good for those rainy days when you can't get out and enjoy the real thing.
- **New running shoes** - a basic need for most sports whether its triathlons, walking, running, indoor sports!
- **A Sports voucher** - can't decide? Why not let them choose. Give them a voucher for a local sports store!
- **An Event entry** –Check out the Catch Kapiti Brochure and see what is coming up. For the women and girls in the family there is the Kapiti Women and Girls Triathlon and Duathlon coming up www.kwt.org.nz and there is the all comers Waikanathlon later in March. Or why not enter the Round the Bays on Sunday 21 February. More information on this event can be found later in this newsletter.



Free or low cost outdoor activities in Kapiti—more than 20 great things to do in the summer with family or friends . Cut it out of the paper and put it on the fridge.



Kapiti Community Health Trust

Free or low cost Outdoor Activities in Kapiti



Kapiti PHO



Kapiti District Council



sport Wellington KAPITI

To provide professional leadership, support and opportunities for the sport and physical activity sector, enabling greater participation & achievement

Free Courses : Paraparaumu College + Kapiti College : Free Courses

Paraparaumu College in association with Kapiti College are running the following community courses supporting community sports people. Contact Julie Meiring MRJ@paraparaumucollege.school.nz.

HOCKEY NZ YOUTH COACHING COURSE

Where: Paraparaumu College AS-TROTURF/PAVILION

Presenter: Niniwa Roberts,
Wellington Hockey

When: Sunday 21st Feb 2010;
10am to 1pm



FIRST AID COURSE (3 Hours)

Where: Paraparaumu College Pavilion

When: Tuesday 9th March 2010; 6pm



BBNZ LEVEL 1 COACHING COURSE

Where: Kapiti College NEW GYM
Presenter: Bill Eldred, Wellington Basketball

When:

Weds 17th March; 6-9pm

Sunday 21st March 2010; 10am
* 4pm

Weds 24th March 2010; 6-9pm



Open Spaces Strategy

We hope you had a club representative at some or all of the consultation meetings that Kapiti Coast District Council held last month as the first step towards putting an Open Spaces Strategy together. If you missed having input into the early round there will be further opportunities as all the suggestions are collated into a draft document that will be available for making comments. Like the other strategic documents the Council has developed it is important as it gives direction for future development of sport and recreation opportunities. The wish list at one of the meetings was rather lengthy with all weather turfs; another regional park; more cricket wickets; soccer grounds etc all being requested/suggested by various organisations.



Aquatic Centre

It is great news that the Aquatic Centre has just received a \$750,000 grant. Here is another plug for an Active Christmas present. For \$20 you can buy a ticket in a Kia Rio raffle running through out December. Let's as a community, really get behind this dream and make it come true.



Articles are submitted to Sport Wellington for inclusion into this newsletter. Therefore, views expressed in this publication are not necessarily those of Sport Wellington. To submit an article please send to:

jann@sportwellington.org.nz

Congratulations

Congratulations to the following young Kapiti sports people who recently received awards at the Dominion Post—College Sport Wellington 2009 Sports Awards.

FUJI XEROX - TEAM OF THE YEAR AWARDS

Otaki College Senior Open Canoe Polo Team

Athlete with A Disability of the Year

Tatum Adam Paraparaumu College

Canoe Polo Player of the Year

Samuel Gibson Otaki College

Football Players of the Year

Ryan Cain Paraparaumu College

Karate Player of the Year

Barney Gill Paraparaumu College

Squash Players of the Year

Emma Millar Paraparaumu College

Taekwondo Athletes of the Year

Annaliese Kerkvliet Paraparaumu College

Yachtspersons of the Year

Janey Goedhart Paraparaumu College

Kapiti Summer Events Calendars

Once the rain stops and the sun shines we will start believing summer is coming. To help you make it an active summer in the 14 December issue of the Kapiti Observer there was information on **Free or Low Cost Outdoor Activities on the Kapiti Coast**. Cut it out and put it on your fridge so when you are wondering what to do you have got a ready reminder that there are lots of interesting things to do here in Kapiti. The other publication to make sure you receive prior to Christmas is the Catch Kapiti Summer programme. Lots of clubs have arranged special activities or advertised events that are open to the public. Also available is the Greater Wellington Great Outdoors Programme that was in the Kapiti Observer on Monday – there are lots of things happening in our local Queen Elizabeth Park including the Sport Wellington Buggy Walk on 4 February.



General Information

We need information to put on the web site

Kapiti is a branch office of Sport Wellington. To provide a profile for Kapiti we have a section on the Sport Wellington site www.sportwellington.org.nz/kapiti.

Items of sports news such as participant successes or special achievements by administrators, umpires, referees and volunteers can be posted here. You send it in and we'll get it up.

Check out the web pages, soon the club search function will be live, if you would like your club email details available to the public, then email jann@sportwellington.org.nz to ensure we have the most up to date information.

Club Directory

Please check we have up to date information about your club. Check it by going to www.sportwellington.org.nz Click on Kapiti in the directory on the left hand side then in the Club Directory – we do the updates approximately every three months.

Sport Wellington would like to thank all the participants and respondents who took the time to be a part of the KiwiSport consultation. We are now in the process of preparing and submitting the appropriate documents to go to SPARC for approval. Sport Wellington would also like to further express gratitude to The Community Trust of Wellington for their support for KiwiSport across the greater Wellington region.

KiwiSport and Partnerships

Underpinning the objectives of KiwiSport is formalising or building on existing partnerships. There is a strong expectation that schools; sports and communities will work in partnership to achieve these objectives.

- ***More kids playing sport***, to increase the number of school-aged children (5 -18 yrs) participating in organised sport.
- ***More opportunities***, to increase the availability and accessibility of sport opportunities for all school-aged children.
- ***Better skills***, to support children in developing skills that will enable them to participate effectively in sport.

Sport Wellington has recently launched its new look website, for more up to date information on KiwiSport as it arises, visit our [KiwiSport Webpage](#).

PELORUS TRUST WELLINGTON ROUND THE BAYS & NEW BALANCE HALF MARATHON

The Pelorus Trust Wellington Round the Bays is back and 2010 promises to be bigger and better than ever before. Last year saw the addition of the New Balance Half Marathon, this year we are going one step further with the introduction of the Half Marathon walk. Athletics New Zealand members will have extra incentive to sign up for the event as we are offering a \$5 discount on the cost of the half marathon entry fee.

The Heart Foundation is the official charity for the 2010 Pelorus Trust Wellington Round the Bays & New Balance Half Marathon. Participants will be able to help raise funds for the Heart Foundation by asking colleagues, friends and family to sponsor their run or walk. So when you sign up for the Pelorus Trust Wellington Round the Bays or New Balance Half Marathon make sure you also sign up as a Heart Foundation Heart Racer and help the Heart Foundation stomp out heart disease.

There will once again be plenty of prizes and entertainment for all ages, so why not get your colleagues, friends and family together and make a day of it at New Zealand's largest Push Play event.

Cost: \$18 Adults/ \$10 Children/ Family (2 adults, 2 children U16) \$45/ Under 5 free/ \$35 half marathon/ \$30 half marathon for Athletics New Zealand members.

So jump online to www.wellingtonroundthebays.co.nz, sign up and we'll see you there to be part of the fun!

