



**THAMES HIGH SCHOOL**  
**Te Kura Tuarua o Te Kauaeranga**

**Balance for Better**

**Manaakitanga** - Everyone belongs, everyone matters, everyone has potential

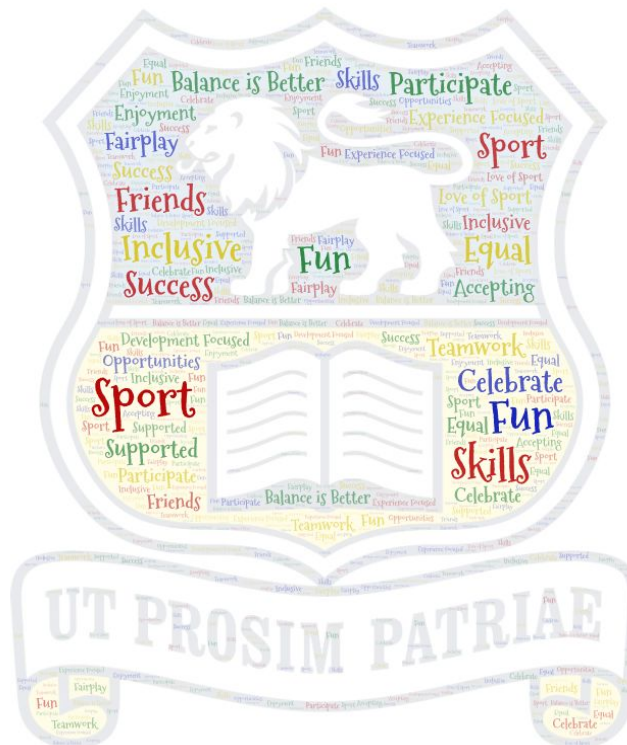
**Whanaungatanga** - We build connected and collaborative relationships that acknowledge and embrace our community

**Mātauranga** - We deepen our knowledge of understanding to empower learning

*Thank you for agreeing to be part of the Thames High School Sport community.*

*Thames High School in association with Sport Waikato are advocating for an environment where **development and experience** comes first.*

*This handbook is your guiding compass on how best to support **ALL** Thames High School Participants through their sport and active recreation experiences.*





## **Sport Waikato Overview - *Tools to support change***

**Balance is Better** Balance is Better is a Sport New Zealand evidence-based philosophy that encompasses our overall approach to youth sport. It's about keeping the fun in the game, creating balance in sport participation and nurturing talent at the right pace. That's because young people who receive quality experiences in sport become sport lovers for life. [www.balanceisbetter.org.nz](http://www.balanceisbetter.org.nz)

**Statement of Intent** A commitment to lead change in youth sport from five sports (rugby, netball, football, cricket and hockey) and Sport NZ by implementing the Balance is Better philosophy.

**Good Sports®** 'Good Sports®' initiative aims to create positive experiences for our youth by supporting key adult influencers: parents, coaches, teachers and sport administrators, through conversation to support a deeper understanding of what keeps our kids engaged in sport for life.

## **Thames High School Overview**

At THS our goal is to create and support an environment where ***Balance is Better*** for all students. 'Good Sports®' conversations on the Climate of Development will help adults, involved with our students, to understand how their attitudes and behaviours impact on their sport experiences.

Creating quality experiences for young people do not just focus on building their skills but also consider a wider concept that includes developing motivation, confidence, knowledge and understanding.

THS believes in ensuring that all students that are engaging in their sport and active recreation programmes, are in a fun and positive environment that meets their needs. Coaches, officials, administrators and supporters are encouraged to support them to learn, have fun and to promote quality experiences.

THS believes that ALL ADULTS are critical to the experience of our students and to their subsequent sporting involvement and growth.

THS encourages ALL ADULTS to role model our values, through their attitudes and behaviours by contributing towards creating quality experiences and development focused environments

THS and Sport Waikato are not against competition, winning or losing, unless there is an overemphasis on winning and the needs of the students are not being met. We want to encourage all THS students to be competitors who role model our values through their attitudes and behaviours.





# Parent/Supporter/Whanau Tikanga

## Respect for:

### Others

Respect the Mana of our oppositions while staying true to our Mana

Treat each team member equally, but as their own individual  
Show care, kindness and understanding towards their sport and outside of sport lives.

Congratulate team members on improvements

Be committed to supporting all team members

Respect Coach, Managers, Referees, Officials

### Learning

Be open to learning, understanding and advocating THS **Balance is Better** values on creating quality experiences.

Understand the fundamental rules of the activity you are supporting

### Environment

Respect the rules of the playing field (eg no dogs)

Enjoy and demonstrate school spirit and manaakitanga

Leave the whenua BETTER than you found it

### Self

Contribute to creating quality experiences by role modelling

THS Balance is Better attitude and Behaviours for a

Development First environment

Communicate clearly with Team Management

Respect Coach, Managers, Referees, Officials

Thank the team management/opposition - no matter the game result.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sign: \_\_\_\_\_