

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

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.



Thames High School Creating Quality Experiences:

- **INSPIRE** by focusing on the improvements, recognising the effort and not the outcome, mistakes are necessary for growth
- **CONNECT** by including everyone unconditionally, encouraging friendship, care and empathy.
- EMPOWER them to share their ideas, be involved with decision making
- RESPECT shown through role modelling and encouragement of self-control and integrity by taking responsibility for our actions, property and environment
- MODIFY their games to help them learn through discovery in play
- BALANCE a variety of sports, school and friend times.

Development of the Thames High School Student

At Thames High School we aim to provide quality experiences for all who wish to engage in sport or active recreation through an environment that is development focused.

Thames High School encourages all who partake in sport will be provided:

- A Fun, safe and development focused environment
- Opportunities to try new sports when available
- Opportunity to develop their skills in competition games with equal game times throughout the duration of the season
- Opportunities to learn and be challenged to further develop their skills in a safe and caring environment
- Encouragement to be engaged in positive movement that meets their needs
- Not disadvantaged for playing more than one sport.

Thames High School thanks you for helping to create quality experiences and supporting our *Balance is Better* environment.





Participant 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 team, game, training

compete with fair play for ALL participants of the game

Learning Be where your feet are

Arrive prepared to learn and grow

Develop personal sport skills and teamwork Take opportunities offered for leadership

Encourage others learning and support them to upskill Accept that mistakes are made and learn from them

Learn, understand and play to the rules

Environment Share resources with all team members

Enjoy and demonstrate school spirit and manaakitanga

Encourage Whanau to get involved with the team

Leave the whenua(Grounds/Courts) BETTER than you found

it

Self Role model attitudes and behaviours within ROLES

Communicate clearly with team management Respect Coach, Managers, Referees, Officials Thank the opposition - no matter the game result

Name:	Date:
Sign:	

