



NORTH ISLAND SECONDARY SCHOOLS SPORT CONFERENCE 2020



Millennium Hotel, Rotorua 20-22 September 2020

The 2020 North Island Secondary Schools Sports Conference is the premier professional development opportunity for school sport personnel in NZ. The conference includes more than 25 workshop options, keynote speakers, activity sessions, and trade displays from a variety of businesses and organisations that provide services and products to schools.

The conference is jointly organised and hosted by Sport New Zealand and School Sport New Zealand and will be held at the Millennium Hotel in Rotorua from Sunday 20th September to Tuesday 22nd September.

The conference will be opened by 2008 Paralympic Gold Medallist and now Disability Rights Commissioner, Paula Tesoriero and closed by Massey High School principal and former Tall Blacks captain, Glen Denham. This conference will include a mix of workshops that will provide tools and ideas for the effective operation of school sport, and several that consider the impact of Covid-19 and the opportunities presented by the disruption to school sport over the past six months.



Conference Registration

Early Bird (before 28 August 2020)

School Representative **\$75**
\$150 after 28 August

General Attendee **\$150**
\$200 after 28 August

Travel subsidies may be available –
contact your Regional Sports Director



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CONFERENCE PROGRAMME

Sunday 20 September 2020

- 1-5pm Registration, Millennium Hotel
5-6pm Conference Opening, Millennium Hotel
6:00pm Conference Dinner, Eat Street

Monday 21 September 2020

- 8:30 Opening Keynote
Mokoia Paula Tesoriero MNZM, Disability Rights Commissioner

9.15am Workshop 1

- 1.1 **New Sports Co-ordinators - all you need to know and may be afraid to ask!!**

A must-do workshop for new sports coordinators. Hear about the opportunities and challenges for your role and improve your understanding of the processes and requirements around school sport in NZ. Bring your questions and ideas.
- 1.2 **Utilising Technology - Google Apps, websites, social media, sport management tools**

We all know how busy the role of the sports coordinator is, but the effective use of technology you already have can make your job more manageable. This practical workshop will explore the technology solutions available to us and develop an understanding of how, and when, to use them. Bring your laptop if you've got one.
- 1.3 **Teacher Coaches - an endangered species?**

Teacher support of school sport is widely recognised as a great way to enhance relationships with whanau, improve the engagement of students in class and contribute to the wellbeing of teachers. But we also know that the number of teachers coaching school sport has been reducing for the past 20+ years and it is increasingly challenging to get enough coaches to field teams. A recent study by Waikato University showed the main barriers to teachers coaching are time, support and recognition, and access to professional development support. Hear what the research tells us and develop solutions to re-engaging teachers in coaching.

1.4 Balance is Better - quality experiences for Rangatahi

Quality sport experiences are what we are all striving to provide to our rangatahi. Sport NZ has challenged the sport sector to adopt practices that will keep our kids in sport for life, by understanding the evidence, changing our practices and working with key influencers to bust the myths that are driving our young people away from sport through their teenage years. Balance is Better is a philosophy that will underpin school and community sport in the future - hear from the architects of that approach to understand what we all need to understand and change if we are to arrest the decline in sport participation by our rangatahi.

1.5 Disability Sport

Almost 25% of the NZ population identify as disabled. Disabled young people are less likely to participate competitively, participate in fewer activities and experience more significant barriers to participation than their non-disabled peers during their time at secondary school. The Sport NZ Disability Plan was launched in December 2019, designed to support the development of an inclusive and enabling sport system and it includes the appointment of a Disability Consultant to empower Sport NZ and the sports sector to achieve the 10 commitment within the Plan. This workshop will provide insights into barriers and enablers to participation for disabled rangatahi and help you design inclusive sporting opportunities in your school.

10.45am Morning Tea

**11.15am Plenary One
Craig Harrison
AUT**

How much sport is too much? The dangers of early specialisation and overtraining and how to manage these risks for young athletes.

11:45 Workshop 2

**2.1 School Sport Employment
Conditions & Contracts**

School Sport personnel are employed under a variety of conditions, remuneration rates and arrangements. Where do you fit? How are others being employed? What are the levers? Understand the big picture in the sector and explore how you might better manage your employment conditions.

**2.2 Getting parents on the
waka**

Parents are key influencers and enablers of a young person's sporting experience. They can be their greatest ally but can also be their greatest obstacle. They can either spark or spoil the development process depending on how we educate, engage and collaborate with them. In this session we will discuss the challenges schools and sports coordinators face when engaging with parents. We will look to identify successful approaches schools can implement in order to "make the boat go faster."

2.3 Solutions for sport in rural and low decile schools

Rural, area and low-decile schools face specific challenges in providing school sport opportunities for students. This practical workshop aims to share some current successful approaches, to identify issues and develop solutions.

2.4 The value of sport to education - selling your product

Sport is an effective tool for engaging young people in learning and improving their academic and social outcomes. The Covid-19 environment showed all New Zealanders how important physical activity and sport is to our rangatahi - now is the ideal time to understand the real value of sport and to be able to effectively promote it to decision-makers, supporters and participants. This workshop will consider that opportunity and develop a plan of action.

2.5 Student - led design

How do we engage with rangatahi to understand their needs and aspirations? How do we empower them to design and lead their own opportunities? What tools do we need to facilitate and mandate that process? This workshop explores the opportunity for meaningful use of the voice of the participant in designing initiatives and programmes.

1.15pm Lunch

An opportunity to explore the trade displays and network

2:00pm Plenary Two
Martin Snedden
NZ Cricket

Dealing with change during and beyond disruption

2.30pm Workshop 3

3.1 Developing your Wellbeing Plan

How can you help improve the wellbeing of the young people around you if you aren't well yourself? Join Fran for a wellbeing workshop, and no! not the type where we will all practise mindfulness together. This session will look at the term wellbeing, how it's become a recent and popular addition to our lexicon and how you might go about committing to a wellbeing plan for yourself (and share the learning with others).

3.2 Integrity in School Sport

A number of behaviours challenge the integrity of school sport. These include poor sideline behaviour, focus on win at all costs and inducement of students to change schools. The recent Sport NZ review of integrity in sport received more submissions relating to school sport than any other focus area. What are the issues and how do we work together to resolve them to protect the values and heritage of school sport?

3.3 Te Ao Maori and Sport

Te Whetu Rehua is being increasingly used as a guide for delivering and assessing sport experiences as Maori – we will discuss what the tool means for your work in schools and wharekura. This workshop will share what we know about participation as Maori in sport, understand how the Treaty principles should be applied in sport and develop strategies to enhance the experience and participation of, and as, Maori.

3.4 Trust or Bust - the secret ingredient to a great school culture

Why do you trust the people you do? Why do people trust you? Teachers, coaches and leaders who generate strong relational trust bonds create higher performing school sport programmes and more purposeful cultures that increase the well-being of a whole community. Discover the principles of how to generate more trust in your organization, the neurological impact it has, and why your school culture can't survive without it.

3.5 What does the future look like for play, active recreation and sport?

The Sport NZ team will share insights from their Futures work with the sector, that seeks to prepare the play, active recreation and sport system to plan for and adapt to a range of future scenarios that may come to pass.

4.00pm Workshop 4 – Activity Options & Exhibitor Presentations

4.1 Smart Fundraising

Haka Educational Tours

Maximise your time and effort by using high-value strategies that deliver results when fundraising. Funding is an essential part of providing accessibility and quality development for our young people. Be creative with your strategies, analyse the return on your time invested, connect with those who can offer significant impact and shift your perceptions. Join Haka Sports Tours and the team as they share their top tips for 'Smart Fundraising'.

4.2 Procuring Sports Uniforms for Schools

Kooga

School procurement of Sports Uniforms in a simplified manner that embraces technology and ensures a coordinated, consistent on time delivery with no surprises. The workshop will focus on funding opportunities, kit building, and the ordering process to simply and get the most out of this aspect of school sport.

4.3 School Travel in a Post-Covid World

Tour Time

Travelling in a post COVID-19 world has changed for both domestic and international travel - this workshop looks at the ways to mitigate risks for students, staff and schools. Gain an understanding of financial bonding and the security of parents' funds, terms and conditions for groups vs individuals and travel insurance policies and what is and isn't covered pre/post COVID-19. Tour Time will outline timelines for when/where schools could look to travel in the

next 12 – 36 months as borders start to open or a vaccine is found.

4.4 **Spotlight on Asia**

Asia New Zealand Foundation

Exercise to the beat of a different drum. Asia New Zealand Foundation will introduce you to music as exercise through the ancient Japanese art form of Taiko drumming. During the workshop, you will participate in a Taiko drumming lesson, test your knowledge of sport in Asia, and get the latest news and opportunities from the Foundation.

30 is the maximum group size so book in quick!

Venue - Across the road from the Millennium Hotel, Rotorua Arts Centre, Studio 2

Loose clothing and sports shoes to be worn.

4.5 **Physical Health & Wellness Workshop**

Athlete Nation

The workshop will cover MIND, BODY and ENERGY including content such as learning to Breathe, Resilience, Mindfulness, Grit, Nutrition, Hydration, Sleep and other important areas. Educating participants on how you can create an environment to allow students to perform better physically, mentally and emotionally. **Olly Coffey** will deliver the workshop and has been Head of Personal Training at Jetts New Zealand (56 Gyms nationally) and is a qualified Neuro Physics practitioner. Olly helped NZ school Teacher Matt Hall (quadriplegic after breaking his neck in a swimming pool accident) walk again.

4.6 **Strapping Workshop**

Nxt Level

Learn simple and very effective strapping techniques for sprains, strains, and to prevent injuries. This workshop will be run in conjunction with The Lakes Clinic Physiotherapy and D3 Tape.

4.7 **Activity 1 Guided Walk (3-4km)**

Join us for a walk around the city centre of Rotorua, led by locals who will highlight the history and significance of key landmarks and natural features. Route to be communicated on the day.

4.8 **Activity 2 Guided Run (4-6km)**

Depending on group sizes and ability guides will take delegates for a run taking in some of the best spots in Rotorua

4.9 **Activity 3 3x3 Basketball**

Come and play some pick-up 3 x3 games of basketball in an informal setting – guaranteed good times!

5pm **Happy Hour**

5.1 Leadership & You

Schools have a knack for putting people in positions of leadership without any training or guidance. A practical workshop where you will develop a better understanding of your own leadership strengths and work-ons as well as take away some practical tools to use in leading and inspiring others.

**5.2 Profiling Your Staff -
know how they
work before you
dive in**

It is often challenging to understand how to effectively engage other staff. This workshop intends to deepen your understanding of why you are the way you are, and why the people you work with are the way they are. It will raise your self-awareness and your understanding of the behaviours of others. Your leadership will be enhanced through your improved communication. You will be introduced to the concept of TetraMap, a learning model that increases personal well-being and team cohesion.

**5.3 Sport and Physical
Activity for Young
Women**

In October 2018, our Government launched a women and girls strategy focussed on championing equality for all women and girls in Aotearoa New Zealand - from grass roots to high performance. We all know there are clear inequalities for women and girls when it comes to participation, and their wider involvement and visibility within sport and active recreation in Aotearoa New Zealand. This session will touch on Sport NZ commitments to the strategy and an opportunity to hear about a number of practical ways you can start better meeting the needs of young women in your education setting.

**5.4 Prioritising Athlete
Wellbeing - school
approaches**

More often than not approaches to Athlete Development or Academies in schools are focused on the performance aspects - technical, tactical, strength and conditioning with an aim of "putting trophies on shelves". This approach often compromises the health & wellbeing, academic priorities and character development of students. Hear how a school has developed holistic, athlete-centred well-being approaches to ADP based on successful overseas practices, and how this has influenced whole school change.

**5.5 School Sport NZ
Future Thinking**

Sport & School Sport are rapidly changing, at a rate accelerated and highlighted by the recent pandemic. How does School Sport best respond to these changes in order to keep the students we have involved in quality offerings and engage more of our young people? School Sport NZ is undertaking a strategy review late this year to set the direction for the future - identify the elements that will impact this and have your input to the future of school sport.

**10:00am Morning Tea and
Prize Draws**

10.45am Workshop 6

- 6.1 **Challenging your Mental Models**
- Our behaviours, and the sport systems and structures we have established in our schools are based on our core values and firmly held beliefs, right? Not always! This workshop explores Daniel Kim's 'Levels of Perspective' and offers a framework to challenge how and what we are doing to meet the sporting needs of our students.
- 6.2 **Kamar - Practical workshop in using your school SMS**
- Learn how to use Kamar as an effective tool for your school sport programme. From team lists and managing uniforms, to student notices and producing your annual census.
- 6.3 **The Great E-sports Debate**
- The burning question about E-sports isn't going away - in fact the Covid-19 lockdown period put online sport offerings firmly in the spotlight. Is it a sport? Is it harming our young people? Is it the way of the future? We've assembled two great teams to debate the issues and will workshop their findings to help you make your own mind up.
- 6.4 **Reviewing your school sport plan**
- The world of young people and of sport has changed. Has the way in which you provide sport for young people in your school recognised this? A practical and uncomplicated approach to reviewing and refreshing your delivery of sport and your school sport plan.
- 6.5 **Musac - Practical workshop in using your school SMS**
- Learn how to use Musac as an effective tool for your school sport programme. From team lists and managing uniforms, to student notices and producing your annual census.

12:15pm Workshop 7

Ideas into Action
Regional Sports Directors

Go away from conferences all fired up and full of ideas, straight back into the mad rush of running school sport and wonder where they all went? This session will help you translate the *most significant* opportunities for improving sporting outcomes you have seen at conference into action – get the work done *before* you hit the ground running again.

1.00pm Closing Keynote
Mokoia

Glen Denham, Principal, Massey High School

1:30pm Lunch and Departure
