

SPORT WAIKATO ANNUAL REPORT | 2018



Mahia te mahi hei painga mo te iwi

We strive every day to 'do the work for the betterment of the people'

- Te Paea Herangi

GOOD SORTS FOR SPORT COMMUNITY DAY 2018



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Matthew Cooper
Chief Executive



Mark McCabe
Board of Trustees Chair

MESSAGE FROM THE CHAIR AND CHIEF EXECUTIVE

**Kotahi anoo te koohao o te ngira e kuhuna ai te miro ma, te miro whero me te miro pango.
I muri i ahau, kia mau ki te aroha, ki te ture me te whakaponu. Hei aha te aha, hei aha te aha!**

**There is but one eye of the needle through which the white, red and black threads must
pass. After I am gone, hold fast to the love, to the law, and to the faith. Forsake all else.**

- Kiingi Pootatau Te Wherowhero

Our organisation endeavours to demonstrate the powerful words of Kiingi Pootatau Te Wherowhero and like the threads we come together to achieve success through our mahi.

Another busy 12 months for the Board and staff at Sport Waikato as we continue to be guided and focused on our part of Moving Waikato 2025 (MW2025) – the Waikato region’s 10 year strategy to grow participation in sport, recreation and physical activity through a partnered cross-sector approach. One of the key foundation measures in the strategy was to re-address the decline in the region’s participation numbers as evidenced in the New Zealand Health Survey (NZHS). Just under three years into MW2025 we are already seeing some pleasing statistical data where the participation trends of Waikato adults and children are heading in the right direction.

In 2007 under the Ministry of Health’s national Physical Activity Guidelines (PAG) measure for Waikato adults, 54% met the guideline by exercising for 30 minutes or more in a way that makes them puff on five days of every week. In 2016 that figure had dropped to 46%. Three years into MW2025 that measure currently sits at 54% (NZHS, 2016/17). We now know more about our communities preferences for participation having partnered and invested in 2017 to increase the sample size of the Active New Zealand survey in the Waikato region. We now can provide data at a territorial authority level to assist stakeholders in planning for their communities. In December 2018 Sport Waikato will publish two regional profiles, adults (18+ years) and young people (5-17 years) and be in the process of publishing two additional profiles for each district.

The profiles will inform the sector of preferences for participation, such as the percentage of people who currently participate, what they like, what they're doing and what the barriers to their participation are. While the national and regional profiles are useful, the district profiles will cut through and provide even more information for our local communities.

MW2025 with its three strategic pillars – targeting to grow participation, developing capability to ensure a quality experience and working smarter to leverage the excellent partners who share the same vision has provided us the clarity, focus and the right people to improve the sport and recreation system in the Waikato region.

GOVERNANCE

Following on from the review of the Sport Waikato Trust Deeds in the previous financial year, the Trust Deed has been updated and Sport Waikato now operates under one Trust Deed. This has been a significant update to the founding documents that Sport Waikato was incorporated under over 32 years ago.

The Board continues to focus on the strategic direction and execution of our strategy to deliver MW2025. The organisation KPI's developed in conjunction with the Strategic Leadership Team detail the execution of the strategy against our targets.

Rachel Dean resigned from the Sport Waikato Board to relocate to Wairarapa. We acknowledge and thank Rachel for her five year tenure and valued contribution at the Board table, particularly her input with the Health and Safety legislation.

I would like to thank and acknowledge the valuable contributions of my fellow Trustees; the energy, insights, strategic direction and commitment they provide ensures that the governance supports the ongoing success of Sport Waikato to ensure 'Everyone out the and active'.

FINANCIAL RESULT

In line with MW2025, Sport Waikato has developed new funding during the year to enhance existing and for the development of new programmes. An ongoing focus on challenging what we do and how we do it has seen costs managed effectively throughout the year. This has enabled Sport Waikato to focus spending to achieve core outcomes. The combination of new revenues and cost management has enabled Sport Waikato to achieve an operating surplus of \$224,180.

During the year the Brian Perry Sports House was sold to Wintec which resulted in less than budgeted depreciation, however extra costs were incurred to lease Sports House from Wintec. The gain on the sale of Sports House is \$490,409 which, when combined with the operating surplus, resulted in an overall surplus of \$714,589 for the year.

We farewelled long-serving Finance Manager and more recently GM of Corporate Services, Karyn Baker in May. We continued to contract Karyn's high level financial expertise on a part time basis to enable Sport Waikato time to assess the ongoing requirements of the role to support the Board and Leadership Team going forward.



“JUST UNDER THREE YEARS INTO MW2025 WE ARE ALREADY SEEING SOME PLEASING STATISTICAL DATA WHERE THE PARTICIPATION TRENDS OF WAIKATO ADULTS AND CHILDREN ARE HEADING IN THE RIGHT DIRECTION.”

SPORT WAIKATO VISION - EVERYONE OUT THERE AND ACTIVE

STAKEHOLDER SURVEY

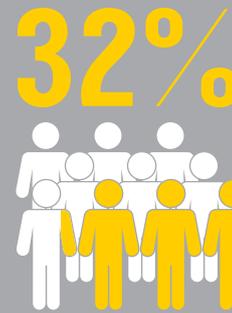
In follow up to our 2016 stakeholder survey, Sport Waikato - with support from Sport NZ - again consulted with the communities of the Waikato region to ensure our services are meeting the needs of our customer (RSOs, clubs, territorial authorities, health providers, schools etc), to ensure we are listening and not prescribing. Key takeaways were:

- Sport Waikato is performing better across key measures
- Stakeholders are more likely to recommend Sport Waikato to similar organisations
- Sport Waikato's strengths are; strategic planning and programmes, support and funding, helping stakeholders and working together.
- Every organisation can improve its performance and Sport Waikato can improve through strengthened leadership, improved collaboration and communication, setting the future agendas of sport and active recreation, and continuing to strengthen local connections.

ON DELIVERY

To all our programme staff in both the Regional Leadership and the People and Communities teams, thank you for passion and commitment to serve and provide solutions and options for the communities of the Waikato region in sport, recreation and physical activity, ensuring we stay true and relevant to our vision – *Everyone out there and active.*

We again acknowledge the outstanding contribution, professionalism and quality of service from our Corporate Services team who 'just get on with it'.



Know a little bit but not a lot
ABOUT SPORT WAIKATO'S
roles and responsibilities
(31% in 2016)

STRENGTHS

- ✚ Strategic planning and programmes
- 👤 Support and funding
- 👉 Help
- 🤝 Working together

SPORTS AWARDS

Another successful season of sports awards held over the month of November – over 580 nominations resulting in 90 winners' trophies, 46 service to sport medals, more than 2000 people attending the awards evenings and 70,000 post engagements on social media.



WAIKATO REGIONAL SPORTS FACILITIES PLAN | ALTERATION 2

The goal of the 2018 Waikato Regional Sports Facilities Plan is to ensure a greater proportion of facilities are affordable, efficient, effective and sustainable in delivering more sporting and recreation opportunities for the Waikato region. Version one (2014-17) has been very successful. In developing the 2018 Waikato Regional Sports Facilities Plan, key stakeholders participated in a review of the 2014 plan and partnered in a collaborative approach to developing and agreeing future priorities and recommendations.

Sport Waikato looks forward to the continued working relationship with its local authority partners to further the great work underway in the regional facilities space. The Waikato Regional Sports Facilities Plan is regarded as one of the leading partnered facilities plans in New Zealand, which is a testament to our local authority partners. Sport Waikato acknowledge and thank the Waikato Mayoral Forum and Sport NZ for their continued support and advocacy of the plan.

EXCITING TIMES

SPORT WAIKATO FUTURE ACCOMMODATION ANALYSIS

As stated earlier in our report, this year Brian Perry Sports House was sold to Wintec. This has provided Sport Waikato more options and flexibility to consider its future housing requirements, and to make an informed decision to what is a dynamic ever-changing world on what is right and appropriate for Sport Waikato for the next ten to 15 years. Again with the valued support of Sport NZ, Sport Waikato has tested this by conducting a robust analysis of current use versus spatial requirements, which has resulted in a thorough business case to assess future options including our existing premises. We expect a decision on future direction in early 2019.

PLAY.SPORT | HAMILTON CITY PILOT

An exciting new initiative from Sport NZ, Play.sport will align as a partnership model alongside Project Energize. This presents as a great opportunity to work collaboratively within the provision of physical education, physical activity, participation in sport, community engagement and overall wellbeing. With this partnership we see the opportunity to accelerate and support mutual outcomes.

THIS IS ME® WOMEN AND GIRLS INITIATIVE

Sport Waikato regionally launched *This is ME®* - an initiative to target and celebrate women and girl's participation in sport, recreation and physical activity. The launch follows a successful pilot of the initiative in the Waitomo and Hauraki districts which has seen the team connecting with community members to design strategies to increase female participation and connection to physical activity of all kinds, working in secondary schools to grow leadership and engagement among female students, and working with sport, physical activity and recreation providers to positively impact the quality of opportunities for women and girls.

HIGH PERFORMANCE SPORT

High Performance Sport continues to expand in the Waikato region with the arrival new headquarters for Canoe Racing NZ on the shores of Lake Karapiro, and the official opening of the impressive National Equestrian Centre in Taupo. Add to Rowing NZ, Cycling NZ, Tri NZ High Performance Team, the Waikato region continues to be a great place for a high percentage of New Zealand's top athletes to live, train and compete. The aspirational impact of having these National Sports Organisations as well as a significant number of High Performance Sport NZ staff in the Waikato now is significant for the next generation of young athletes dreaming of one day wearing the black kit with the famous silver fern.





TO OUR PARTNERS

Sport Waikato acknowledges and thanks its sponsors, valued partners and supporters in sport, recreation and physical activity. In particular, long-time organisations such as Sport NZ, the Perry Group, Gallagher, Waikato Regional Sports Organisations, the Waikato District Health Board, Territorial Authorities in the Waikato region and Trust Waikato.

We acknowledge our Sport NZ Regional Partnership Manager, Brent Sheldrake for his committed positive approach to partner with us not only contractually but always with an eye on new opportunities and improving our own internal business capability.

Wintec and the University of Waikato play a significant role in the sector with future volunteers, employees and world class research where we are extremely fortunate to have these forward-thinking community-focused quality academic institutions in our region.

TO THE SPORT WAIKATO STAFF

We continue to monitor and tweak, where appropriate, actions for our staff to deliver against our organisational KPIs that align to MW2025:

1. RECOGNISED AND VALUED LEADER

A valued organisation with a mandate to lead and enable the sport, recreation and physical activity sectors to deliver quality participant experiences.

2. HERE TO STAY

An organisation that is financially sustainable.

3. SMART AND PRODUCTIVE

An operationally efficient organisation with quality and aligned communications, planning and reporting processes.

4. A GREAT PLACE TO WORK

An organisation that values and inspires employees.

Sport Waikato places significant importance on its number one asset - its people - and it is pleasing to report key areas around health and safety, wellbeing, a positive culture and ensuring that we are true to KPI 4 – *A great place to work* are visible and evident.

We acknowledge and welcome new staff members in 2018 who will continue the legacy built by John Parker, Paul Fear and Brian Perry in 1986; we thank and farewell those who have moved on and finally to you all, thank you for your excellent mahi throughout the last 12 months to ensure we always live and breathe our vision for the Waikato region of – *Everyone out there and active*. Whether in the Corporate Services, Regional Leadership or People and Communities areas – you've all played your part and the results reflect this in this report. Ngaa mihi nui.

We thank our Kaumatua, Pokaia Nepia for his wisdom and guidance throughout the year and we acknowledge all members of the Sport Waikato Board for their committed leadership in steering the Sport Waikato waka and leading from the front. In the words of Te Puea Herangi ... Mahia te mahi hei painga mo te iwi | Do the work for the betterment of the people. We are proud to say your efforts reflect this over the last 12 months.

THE LAST WORD

We are so fortunate to have outstanding partners who are willing to unite on this collaborative journey with us knowing that the offering of sport, recreation and physical activity is a legitimate and tangible solution both physically and mentally. Wellbeing is an ever-increasing word in Aotearoa, across all sectors, ages and ethnicities - Sport Waikato is committed and focused on improving the health and wellbeing in the Waikato. MW2025 is providing us with real clarity and purpose to enable our number one resource - our people - to focus in a targeted and aligned way to get positive results. Early discussions with Sport NZ on their strategy thinking 2020 and beyond is exciting as we see real alignment with the language and proposed focus being articulated.

Please enjoy the rest of our 2018 annual report where you get a real sense of the breadth and depth of our work that all aligns and links to MW2025 and the Sport Waikato vision.

Ultimately, we are and always will be a people-based organisation that has an obligation to serve, promote and educate the many benefits of sport, recreation and physical activity to the people of the Waikato region. We will always respect our past, but we continue and need to ensure our mahi remains relevant for the future.



Matthew Cooper
Chief Executive



Mark McCabe
Board of Trustees Chair



MOVING WAIKATO 2025
A STRATEGY TO GROW PARTICIPATION IN SPORT, RECREATION AND PHYSICAL ACTIVITY

Moving Waikato 2025 is an evidence based strategy that seeks to build on the positive momentum of existing loyal partnerships and to increase the provision of opportunities for both participation and sporting success for the people of the region.

ONE VISION
A HEALTHY, VIBRANT, PHYSICALLY ACTIVE & SUCCESSFUL SPORTING REGION

OUR PEOPLE

A focus on the provision of opportunities that meet the needs of the people of our region - more adults and more children out there and active.

- Women and Girls
- Young People
- Māori
- Rural Communities
- Older People

BUILDING COMMUNITIES

A focus on quality local delivery of sport, recreation and physical activity experiences - helping communities to help themselves

- Local Sport
- Education
- Recreation & Physical Activity
- Māori Settings

REGIONAL LEADERSHIP

A focus on regional and national partners working together to lead change and enhance outcomes - leading and delivering change

- Insights
- Places, Spaces & Facilities
- Urban Growth
- Regional Strategies
- Home of High Performance

ACHIEVING SUCCESS THROUGH WORKING TOGETHER

As the lead partner in the delivery of outcomes for Moving Waikato 2025, Sport Waikato's focus for the next horizon of delivery (the upcoming two years) will seek to explore and enhance the delivery of outcomes in the following areas. While we actively seek to enable everyone to be out there and active, our prioritisation of focus over the ten-year lifecycle of the strategy is seen as an important philosophy to our partnered success.

The next two year focus areas include:

- Our People: Women and Girls (extension to regional focus); Youth and Māori (extending the quality and reach of our services to these target populations)
- Building Communities: Local Sport and Education (continuation of focus) and extension of our role in recreation and physical activity provision
- Regional Leadership: Insights, Facilities, Places and Spaces

OUR PEOPLE

In November 2017, Sport Waikato was proud to launch the pilot of This is ME®, an initiative to target and celebrate participation in sport, recreation and physical activity by women and girls.

WOMEN AND GIRLS

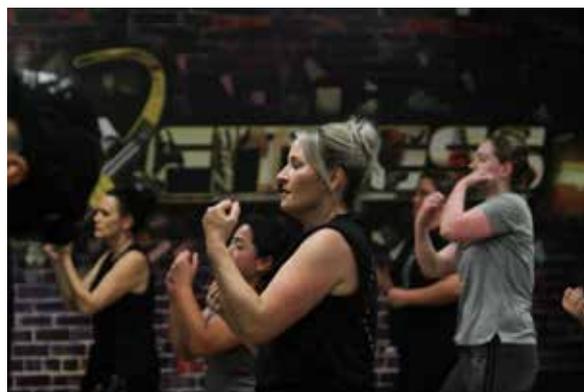
In November 2017, Sport Waikato was proud to launch the pilot of *This is ME®*, an initiative to target and celebrate participation in sport, recreation and physical activity by women and girls. During 2018 we piloted the programme in Te Kuiti (Waitomo) and Waihi (Hauraki). Our pilot programmes saw local volunteer committees engaged in the co-design and delivery of festivals and initiatives to promote and provide opportunities to connect girls and women in each community to be active. Additionally, secondary school initiatives where local student leaders provide activations to engage and connect teenage girls with new ways to be active formed a significant part of the *This is ME®* programme

In addition to local level community-designed strategy, *This is ME®* generates a national conversation that puts females and physical activity at its centre. Using an array of digital mediums, *This is ME®* provides a space for women and girls to be included in a conversation that celebrates them participating in activities their way and works to challenge prevailing stereotypes about females and physical activity.

In October 2018, we launched the *This is ME®* video, which proudly showcases women and girls of a range of ages, ethnicities, abilities and backgrounds getting moving their way. The video is far removed from the dominant imagery of females participating in sport or getting active that we usually see in the media – no

elite athletes, no peak athletic physiques and no abs of steel. Instead, the video privileges *real* women and girls doing *real* physical activity together.

This is ME® is designed as a partner initiative where Sport Waikato leads, hosts and enables communities



to connect both as individuals getting out there and active, and as organisations wishing to create social connections and community impact. Following a very successful 12 months of piloting *This is ME®* concepts, 2019 will see the regional expansion of the initiative.

To find out more about our *This is ME®* initiative and to get involved, join the movement at www.thisisme.org.nz, on Facebook (<https://www.facebook.com/ThisisMENZ>), Instagram ([thisisme_nz](https://www.instagram.com/thisisme_nz)) or email us at info@thisisme.org.nz.

3700+
Social Media
Followers

500+
Images shared by
women and girls
getting active

1,200+
Registered
website users

20
Student Champions
across two
secondary schools

114k
video
views

5,700+
video
engagements

250+ Teenage girls moved because of This is ME Secondary School activations

8 Media articles at local, regional and national levels

60+ Sport and active recreation partners in delivery



YOUNG PEOPLE

UNDER FIVES

Under 5 Energize is delivered to 126 Early Childhood Education Centres in four areas of the Waikato region. The aims of the programme are to improve the nutrition and increase the physical activity of children under five years of age.

In 2018, nutrition and physical activity workshops were held at Under 5 Energize centres, with educators attending and able to gain knowledge on various topics. Workshops included: Crossing the Midline, Spatial Awareness, the Vestibular System, Integrating Reflexes, Label Reading, Running an Event, Maaori Games, Infant Movement and Fundamental Movement Skills. Many of these workshops have proved popular for primary schools and specific sessions for this cohort were also delivered to teachers.

Under 5 Energizers delivered interactive displays at Early Childhood Education Centres - these are set up to engage parents at drop off or pick up time on a range of subjects: How to Read Food Labels, Healthy Kai for Under Fives (Lunchboxes), Sugary Drinks, and Oral

Health. Thousands of parents received our messages at these displays making them a very effective way of communicating. These messages are supported by resources (tip sheets) that parents can take home with them.

Fundamental skills workshops were delivered for community organisations for parents and educators. Topics included Infant Massage, Infant Movement, and Toddler Movement.

Wriggle n Rhyme training sessions were held with librarians from Hamilton City and Hauraki District Councils. These enable libraries to deliver Wriggle n Rhyme sessions that help develop children's co-ordination, motor skills and are fun.

A new programme was developed and delivered by the Active & Well team in 2018: *Whaanau Kori Tamariki Ora – Healthy Kids, Active Families*. The programme began in March and is now working with more than 80 tamariki through a whaanau based health and wellbeing approach. Whaanau enrolled in the programme come from across the region reflecting our reach into rural communities.



CHILDREN (PRIMARY/INTERMEDIATE SCHOOLS)

2018 has seen continuation of Sport Waikato's Project Energize within every primary and intermediate school in the region, as well as engagement with Sport NZ to enhance the Energize offering through trialling integration of the principles of Play.sport.

Every primary school has signed a refreshed Memorandum of Understanding with Sport Waikato regarding the desired outcomes of Project Energize, and this has led to some great discussions individually within schools. Following on from the success of the MOU meetings and results, Project Energize has made some changes to their goals to make them more concise and reflect where the programme is 14 years on.

Some other positive changes for Energize this year has been the increased number of children in after school and holiday programmes that the team run to help them keep active during these times. There has also been a move to the coach developer model of working with teachers which is a more collaborative, co-teachers model.

Following a presentation to the Community Public Health Advisory Committee of the Waikato District Health Board (WDHB) earlier this year, the WDHB are in discussion with Sport Waikato regarding a

longitudinal study into Project Energize to gauge impact of the programme beyond the primary school and intermediate school years.

2019 will see Project Energize changing the approach to how they're working with intermediate schools to try and increase the impact and supporting students around healthier food choices, as well as supporting the new Play.sport initiative.

Play.sport is a collaborative initiative developed by Sport NZ to improve the quality of physical education, sport, physical activity and play experiences in schools, and the connection between schools and their communities, including sports clubs and at home.

Sport Waikato and Sport Southland have been approached as the platform in which to deliver an extension of the Play.sport trial. Both trial sites will develop a co-designed model which is individualised to the needs within respective schools and their communities.

Sport NZ has acknowledged the journey Sport Waikato is currently on in relation to young people, and more specifically the history of success with Project Energize and strong partnership with Waikato District Health Board.

Alignment of Play.sport alongside Project Energize is seen as an opportunity to accelerate and support mutual outcomes. Play.sport is not a replacement but



more so an *enhancement* of Project Energize and will be structured to build on strengthening what is already happening on the ground.

What this looks like: An initial scoping phase in the Waikato involved consultation with key stakeholders including Waikato District Health Board, Ministry of Education, Hamilton City Council, Waikato District Council, Waikato University, local teachers and several primary school principals. Through these conversations, the Community of Learning (Kāhui Ako) structure has been highlighted as an opportunity for collaboration and Te Pae Here (North East Hamilton) and Huntly District Kāhui Ako are currently in discussion with Sport Waikato regarding a potential co-design phase.

Overall, a key achievement for the Waikato region has been the Ministry of Health statistics which show the Waikato region has the highest percentage of healthy weight range children in the country aged 2 - 14. We are proud of these results and feel that Sport Waikato, particularly Project Energize and Under 5 Energize play a role in contributing to them.

Sport Waikato acknowledges Sport NZ for this opportunity.

YOUTH (SECONDARY SCHOOLS)

In the last few months the Waikato Secondary Sports Association adopted an inaugural Strategic Plan to support its focus on delivery of sport to students across the region. The Plan with the vision of 'Lead and drive Waikato Secondary School Sport' and the underpinning values of Inclusiveness, Collaboration, Integrity, Equity and Resilience will be circulated in the New Year. The strategy will focus on Leadership and Governance of Sport for secondary schools in our region. The WSSSA will do this by leading, promoting and empowering schools to deliver quality sporting

opportunities to benefit student wellbeing through four key priority objectives. The four priority objectives will focus on our Relationships, our Communications, our Capacity and our Services.

The second major development in the Secondary School sport space has been the release of a specific website for Waikato Secondary School Sport. The website at www.wsss.org.nz will be the central portal of information for all Waikato Secondary School Sport. It is supported with social media via Facebook at <https://www.facebook.com/sportwaikatosecondaryschools/> and next year a Sports App will support the website for easy hand held device access to information.

The website is part of the overall strategy to build Secondary School Sport capacity across the region and continuing to have smarter online presence and capability. This initiative is aimed to improve market awareness and information on successes, news, trends and secondary schools sports event management. It will be the initial step in building a stronger secondary school sporting community and create an identity and brand with greater commercial opportunities. It will be the critical guide to our Waikato Secondary Schools Sports event calendar and competition structure.

MAAORI

In partnership with Sport New Zealand, Sport Waikato delivers He Oranga Poutama (HOP) "Stairway to wellbeing". HOP promotes the development and implementation of physical recreation and sport in a way that is culturally appropriate to Maaori. Through HOP, Sport Waikato supports Maaori wellbeing through sport and active recreation with the goal of increasing participation and leadership as Maaori in sport and traditional physical recreation at community level. Looking forward to 2019, Sport Waikato aims to work with Iwi and Maaori leaders across the region to develop a collaborative strategy to further enhance our ability to grow Maaori participation.

AGED POPULATIONS

During 2018 Sport Waikato has supported the development of the Hamilton Age Friendly Plan which was late lodged with the World Health Organisation to make Hamilton New Zealand's first Age Friendly City. Our Active & Well team continues to work alongside retirement villages and offer specific health and wellbeing options for older persons.

BUILDING COMMUNITIES

During 2018 Sport Waikato has progressed partnerships with twenty regional sport organisation and their local clubs.

LOCAL SPORT

REGIONAL SPORTING CONCEPTS

During 2018 Sport Waikato has progressed partnerships with twenty regional sport organisation and their local clubs. Our focus in these partnerships has seen us support organisations to develop and review strategic and annual business plans, review operational and governance structures, support recruitment, share operational services, provide health and safety guidance and support, human resources (HR) and legal guidance, work in partnership with educational training providers, facilitate club accreditation programmes and develop online resources and case studies.

We also launched our Sporting Regional Leadership programme and supported 22 sports leaders from local authorities, sport organisations and education to grow their leadership.

SUPPORTING LOCAL SPORT DELIVERY

In partnership with Local Authorities across the region, Sport Waikato has nine District Coordinators whose role is to support local sport, recreation and physical activity delivery. District Coordinators exist in Taupo, South Waikato, Waipa, Waitomo, Matamata-Piako, Hauraki, Thames-Coromandel and the Waikato district. During 2018 we were pleased to welcome on board an additional District Coordinator in the Waikato district and funding to support our return in this delivery model to the Otorohanga district in 2019.

Our District Coordinator team have provided support to the twenty targeted sports (at a club level) in administration, volunteering, planning and supported the quality delivery of events and growth programmes.

In partnership with Local Authorities and local providers, our District Coordinator team have

successfully delivered celebrations of sporting success, administration and volunteering recognition across the region with eight District Sports Awards.

EDUCATION

Sport Waikato has continued its work across a range of education settings in 2018. The programmes of Under 5 Energize, Project Energize and our Secondary School Sports team, with increased capability, continue to work with education providers to refine their focus and improve delivery in line with contractual obligations.

RECREATION AND PHYSICAL ACTIVITY

Sport Waikato has been in the process of identifying and training new volunteers to help with sustainability of local healthy lifestyle programmes in the region, including primarily Aquafit classes in Hamilton, Cambridge and Te Awamutu. Increasing a volunteer base has a huge benefit in allowing staff to move their expertise to new focus areas and growing local capability in Waikato communities.

In partnership with national and regional providers, a future focus will include the development of concepts to grow our focus on recreation and physical activity in line with participation trends.

ACTIVE & WELL

The Active & Well team are now serving a greater area, placing staff in Thames and Taumarunui to meet with clients. Previously only phone support was provided in these areas and there is now a much wider reach especially for Green Prescription (GRx). Active & Well have also experienced greater growth in the Ngaruawahia and Te Kauwhata areas, with a dedicated staff member reaching into those communities.



COACHING

In 2018 we continued to lead the delivery of Performance Coach Advance; as a nationally driven programme regionally we have supported 14 coaches of performance athletes (pre-high performance) to achieve higher honours and enhance quality in their delivery.

We've also introduced our Coach Developer programme. Designed to support individuals who coach coaches, the programme has provided us a successful partnership with Northern Districts Cricket and Waikato Bay of Plenty Netball. We will look to extend this programme in 2019.

In addition, in 2019 we look forward to introducing programmes to support Youth Coaches and Good Sports. Designed by our partner Regional Sports Trust *Aktive*, Good Sports supports the influencers of children's sport - coaches, parents, teachers and administrators - to enhance the quality of sporting experiences for children. The programme focuses on performance versus outcome orientation of influencers, and encourages things such as better sideline behaviour, quality conversations, late specialisation and more.

The Waikato District Health Board (DHB) Cardiac Rehab programme has been running within our GRx programme for the past two years and there has been a need for an evening class to service those who cannot attend day classes. This has been established with the Cardiac Rehab Nurses to offer a similar standard service at a different time.

Each quarter we service close to 30 clients during the Sport Waikato class and a further 30 during the DHB class. Clients take part in a supervised exercise class for six weeks aimed at building exercise capacity and confidence, as well as a risk management session covering physiology of heart and cardiovascular events, nutrition, exercise and medication.

Client success has included one client suffering from PVD being able to walk further with no pain and one client suffering from heart disease walking the Hakarimatas

regularly after programme completion. Active & Well coordinator Watene Hema continues to strengthen our relationship through his work in our joint Sport Waikato/Waikato DHB Cardiac Rehab programme.



This collaboration has resulted in approximately 250 referrals since programme inception in 2016.

The 12 Week Challenge email and workshop based programme has gone from strength to strength and is now being reshaped for 2019. This programme fits well in the business sector and can provide healthy lifestyle information for

any workplace wellness initiative. The new launch includes an eight week platform supported by workshops and video content. Uptake in this initiative has been across the region and a variety of sectors.



REGIONAL LEADERSHIP

During 2018, Sport Waikato has continued to enhance its focus on the delivery of insights to support decision making in the sport sector.

INSIGHTS

During 2018, Sport Waikato has continued to enhance its focus on the delivery of insights to support decision making in the sport sector. Following on from the 2017 collection of data to understand the participation patterns and behaviours of Waikato adults (aged 17+) and children (aged 5 to 17), we have analysed the information to provide regional and local district profiles.

We aim to have 54% of adults in our community meet the Physical Activity Guidelines by 2025 (30 minutes a day, five times a week of moderate to vigorous physical activity). These survey results provide insights to support decision making at both a regional and

local level. In early 2019, we will present and share the findings of this information across the region.

In partnership with our Local Authorities, during 2018 we have also partnered to deliver and explore Sports Plans for the Waipa, Matamata-Piako and Hauraki districts and will work on the Thames-Coromandel, Otorohanga and Taupo district plans during 2019. These plans link Moving Waikato 2025 to support local level facility planning and service delivery support.

In partnership with the *Regional Council*, we are in the final stages of planning a Regional Cycle Safety Plan (for children and adults) and in partnership with *Water Safety NZ* we are in the early stages of development of a Regional Water Safety Plan.



FACILITIES, PLACES AND SPACES

2018 saw the review of the 2014 published Waikato Regional Sports Facilities Plan. Since adoption by the Mayoral Forum, the partnered plan - supported by Sport NZ and Sport Waikato who lead delivery - has provided valued leadership and direction to the development of sports facilities in the Waikato region. Successful projects include *The Peak – Te Pumanawa O Rototuna*, the *Waipa Municipal Pool* in Cambridge (redevelopment and inclusion of a 25 metre indoor pool), the *Te Aroha Events Centre* and *Thames High School Indoor Courts*, and investment into four new fields by Hamilton City Council in northwest suburb of Hamilton City (Rototuna).

A review of the impact of the plan has seen increased knowledge of the sport sector, increased sharing across boundaries and greater partnership in delivery and investigation of sports facilities.

The 2018 2nd Edition Plan is ready for approval by the Mayoral Forum and will include an increased focus on benchmarking, developing local community hubs and sports organisations working together. The plan will be delivered over a two year time frame with an in-depth review and third edition plan scheduled for development prior to the 2021-2024 local authority long-term planning cycle.

2018 also saw the development of a *Regional Aquatics Strategy* to support the ageing network of aquatics facilities.

VOLUNTEERS

Sport Waikato has launched a Volunteer Plan to celebrate, support and increase the number of sport and recreation volunteers across the Waikato. Volunteering will play a vital role in growing participation in sport, recreation and physical activity as part of Moving Waikato 2025.

NUTRITION POLICY

Sport Waikato's newly developed Food and Nutrition Policy aims to enable our organisation to model healthy food and drink choices when present in and engaging with the community. Our policy has been developed from the *Ministry of Health Eating and Activity Guidelines*.

The policy was developed with a view to looking at how we could improve internally to provide a healthy, happy workplace for staff, as well as being a good role model for our communities.

We use the policy to guide food and drink choices for meetings and Sport Waikato events, and then spread these messages out to our communities supporting them to review current practices and implement achievable changes for the benefit of all.

FINANCIAL STATEMENTS

STATEMENT OF COMPREHENSIVE REVENUE AND EXPENSES

For the year ended 30 June 2018

	2018	2017
	\$000	\$000
Revenue from non-exchange transactions		
Sport NZ grants	1,267	1,446
Other Government grants	3,473	3,305
Lion Foundation grant	128	136
Other grants	969	897
Trust Waikato donations	700	700
Events and activities	291	298
	6,828	6,782
Revenue from exchange transactions		
Events and activities	84	96
Interest	97	61
Other operating revenue	179	177
	360	334
Total revenue	7,188	7,116
Expenses		
Employee related costs	4,397	4,321
Events and activities	1,147	1,217
Interest expense	2	3
Depreciation and amortisation	190	222
Other operating expenses	1,227	1,112
Total expenses	6,963	6,875
Total surplus/(deficit) for the year from continuing operations	225	241
Gain on sale of property held for resale	490	-
Total surplus/(deficit) for the year	715	241
Other comprehensive revenue and expenses	-	-
Total comprehensive revenue and expenses for the year	715	241

STATEMENT OF FINANCIAL POSITION

For the year ended 30 June 2018

	2018	2017
	\$000	\$000
Current Assets		
Cash and cash equivalents	898	1,350
Investments	5,550	1,409
Receivables from exchange transactions	51	13
Receivables from non-exchange transactions	404	409
Inventories	6	7
	6,909	3,188
Non-current Assets		
Intangible assets	36	83
Property plant and equipment	222	279
Property held for sale	-	2,896
	258	3,258
Total assets	7,167	6,446
Current liabilities		
Trade and other creditors	290	256
Employee entitlements	218	237
Income in advance	657	656
Finance leases	19	10
	1,184	1,159
Non-current liabilities		
Finance leases	-	19
	-	19
Total liabilities	1,184	1,178
Net assets	5,983	5,268
Equity		
Trust Fund	1,500	-
Accumulated comprehensive revenue and expense s	4,483	2,368
Sport Waikato Education Trust reserve	-	2,900
Total net assets	5,983	5,268

These financial statements should be read in conjunction with the notes to the financial statements (full financial statements available on our website). Signed for and on behalf of the Board of Trustees who authorised these financial statements for issue on 5 December 2018:


Matthew Cooper
Chief Executive


Mark McCabe
Board of Trustees Chair



Hamilton Office

Brian Perry Sports House, 51 Akoranga Road,
PO Box 46, Hamilton 3240, New Zealand