

Empowering Youth Athletes for Success

Wellington City Council Athlete Development Programme





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This programme is designed to empower young Wellington athletes to actively pursue their goals in both sports and life. Guided by the Balance is Better principles, the programme focuses on the holistic development of athletes. It is founded on the belief that the diversity of experiences and opportunities participants are exposed to will form beliefs that will influence their performance in sport and beyond.

“ Wellington City Council has been running the programme in partnership with Nuku Ora since 2007. The programme is aimed at empowering Wellington’s next generation of athletes who are striving for higher honours. It provides them with a diverse range of experiences and opportunities that lay the groundwork that will influence their performance across sport and in life.

Sanjay Patel, Sports and Club Partnership Lead,
Wellington City Council

“ Nuku Ora is very proud to work alongside Wellington City Council to provide this opportunity for athletes from Wellington City. As far as we are aware, this is the only council funded athlete development programme in New Zealand and it is fantastic that they have been a supporter for the last 16 years. Over the course of the programme, successful applicants will learn many skills that are relevant not only to their sport but their lives in general.

Graham Witts, Community Development Lead –
Participation & Coaching, Nuku Ora

How the Programme Works

Programme participants begin by attending a Performance Planning meeting with a Raise My Game facilitator, accompanied by their coach and/or family member.

The Raise My Game process enables athletes to assess themselves against the qualities, behaviours and competencies of high-performance athletes. It involves a focused conversation with their coach or mentor using sport-specific competency cards, ultimately leading to the creation of a holistic, individualised plan. This plan aims to maximise their time and talent, facilitating the realisation of their potential more efficiently.

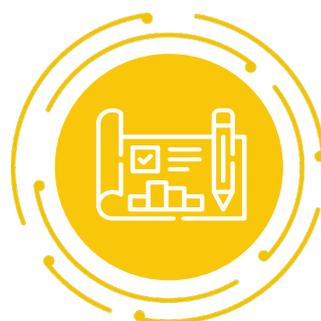
From this discussion, Raise My Game provides Nuku Ora with support recommendations across the following areas:



Strength &
Conditioning



High Performance
Habits



Planning &
Review



Nutrition



Mental Skills /
Mental Health



Transition
Planning

Once all the athletes have completed this process, Nuku Ora works with the facilitators to design workshops based on the needs of athletes, as well as looking at individualised opportunities.

Location and Facilitators

Throughout the programme, athletes attend sessions and receive support from a range of organisations and individuals, including Raise My Game, Performance Pantry, Flow State, and Ē Tu Tangata.

The programme is held across two locations:

New Zealand Institute of Sport

Railway Building Level 1/2 Bunny Street, Pipitea, Wellington

Nuku Ora

Level 1/223 Thorndon Quay, Thorndon, Wellington

Proposed Workshop Dates

Month	Date	Activity	Time
March	11 Mar	Induction Evening for athletes & whānau	6 - 7.30pm
	*17 Mar	Raise My Game Session	Various
	SUMMER TOURNAMENT WEEK (18 - 22 MAR)		
	*24 Mar	Raise My Game Session	Various
EASTER (29 MARCH - 2 APR)			
April	8 Apr	Session 1	5 - 6:30pm
	HOLIDAYS (13 - 28 APR)		
	29 Apr	Session 2	5 - 6.30PM
May	13 May	Session 3	5 - 6.30PM
	22 May	Whānau Workshop	6 - 7.30PM
	27 May	Session 4	5 - 6.30PM
June	10 Jun	Session 5	5 - 6.30PM
	24 Jun	Session 6	5 - 6.30PM
July	1 July	Session 7	5 - 6.30PM
	29 July	Session 8	5 - 6.30PM
August	12 Aug	Session 9	5 - 6.30PM
	26 Aug	Session 10 (Last session)	5 - 6.30PM
September	TOURNAMENT WEEK (2 - 8 SEP)		
	16 Sep	End of Year wrap up	TBC

* = Athletes will indicate their availability to attend a session on one of these dates. Facilitators are subject to change, a full list can be found on our website.

Feedback from Previous Athletes



I think that all of the ideas shared were really good for sports but also keeping my everyday life in check and that I can think more clearly and directly now instead of the mess it was before - **Annaliese**



Allowed me to become more confident in what I'm capable of doing and how I can deal with pressure more easily - **Poppy**



Made me feel more confident, especially building pre-game routine - **Amelie**

Parent Feedback

"The programme was very helpful, and we did notice significant changes in our son. He adopted a far more positive attitude to his trainings and games and seemed to be able to get out of his 'funk' after disappointment a lot quicker.

He talked about and was trying to apply the information learned in the nutrition sessions and he took on board the work on his mental game. His confidence was boosted as an athlete, after a disappointing start to his season not being selected for the top squad at school.

He played some of his best Basketball this season and I know some of this was attributed to the work he did in this programme.

Being around other athletes was also a great boost for him, and I know he has enjoyed meeting and learning alongside these other inspiring rangatahi"

Alissa, parent of WCC Athlete Development Programme attendee.

Contact Details and Programme Eligibility

The basic criteria for athletes selected to be involved in the programme are:

1. Reside within the Wellington City Council boundary, and is a member of, or affiliated to a Wellington-based College, Club or Organisation, or represent Wellington at the date of this application.

PLEASE NOTE: Wellington City Council will accept applications from athletes outside of Wellington City, but priority will be given to those inside the boundaries and a maximum allowance of 20% of successful athletes can reside outside the boundaries.

2. Year 11 – 13 (as of 1/1/2024).
3. Currently performing, or aspiring to play/compete for your school or club's first team, and / or representative, national or international level of competition.
4. Endorsement from Regional Sports Organisation or National Sports Organisation where appropriate.

For more information, including programme facilitators and a complete timetable, application deadline and to apply, please visit: www.nukuora.org.nz/support-and-development/community-development/sport-development-programme



**Absolutely Positively
Wellington City Council**

Me Heke Ki Pōneke



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